

## CRACK UP

THESE "FLACKERS" from Doctor In the Kitchen are an ultra-healthy addition to the cracker aisle, normally a haven for processed flour, hydrogenated fats and sugar. Simple and wholesome with nary a processed ingredient, they're made from whole flaxseeds combined with herbs, spices and a little canola oil. No flour of any kind to trigger allergies; no leavening or chemical preservatives. Nada. What's more, they're packed with nutrients you *do* want — EFAs, protein and fiber — and they're gourmet-level delicious. A tasty way to incorporate a healthy alternative into holiday snack spreads and a delightful treat in their own right year-round. About \$6 a box at natural groceries; check out [www.drinthekitchen.com](http://www.drinthekitchen.com) for locations.



rosemary

# flackers

delicious nutritious flax crackers



savory

2280 mg omega-3 fatty acids  
570 mg plant lignans  
5g of protein  
7g fiber  
gluten free  
values are per serving

# ackers

made with organic ingredients

NET WT. 5 OZ (142 g)

omega-3 fatty acids  
570 mg plant lignans  
5g of protein  
7g fiber  
gluten free  
values are per serving

NET WT. 5 OZ (142 g)