

# The doctor is in (the kitchen)

BY MARY STEIDLER

*Minneapolis, Minn.* — Dr. Alison Levitt wants to “spread the health.”

A medical doctor with a lifelong passion for promoting healthy lifestyles, Levitt has developed Flackers, a line of all-natural crackers made from flax seed. Developed initially in her own kitchen for clients, Flackers will now be commercially marketed and distributed by Levitt’s company, Dr. in the Kitchen.

While practicing medicine, Levitt says, “I saw a lot of patients who needed to lower their cholesterol and manage their weight better, but they weren’t always sure about how to make good food choices.” Levitt conceived an all-natural, sugar-free snack with high nutritional value.

Flax seeds contain a high concentration of Omega 3 fatty acids and fiber, which help to maintain normal cholesterol levels and promote digestion. Flax is also low in carbohydrates and high in protein, vitamins and minerals, including plant lignans, making it “nutritionally perfect,” Levitt says.

Unlike other snack crackers on the market, Flackers are not baked but dehydrated at low temperatures to preserve nutrients and to give them crunch. They don’t contain

wheat-binding agents so they’re gluten free. The sugar-free Flackers are “also great for diabetics,” Levitt says.

Charan Wadhawan, AURI food scientist, helped Dr. in the Kitchen with commercial scale-up to bring Flackers to the marketplace. At AURI’s product development laboratory, “we were able to test samples and provide food labeling information for the Flackers,” Wadhawan says.

The crackers come in three flavors: dill, rosemary and savory, and are available at several Twin Cities natural foods and specialty grocers, including Lunds and Byerly’s.

The Flackers cracker is only the beginning, Levitt says. As Dr. in the Kitchen grows and brings additional products to the market, “we want people to know they can trust our brand to provide food that is high-quality, health-promoting and, most of all, delicious.” ■

For more information on stores that sell Flackers, an online order form and nutritional information visit: [www.DrInTheKitchen.com](http://www.DrInTheKitchen.com). Also, Flackers has a Facebook page.

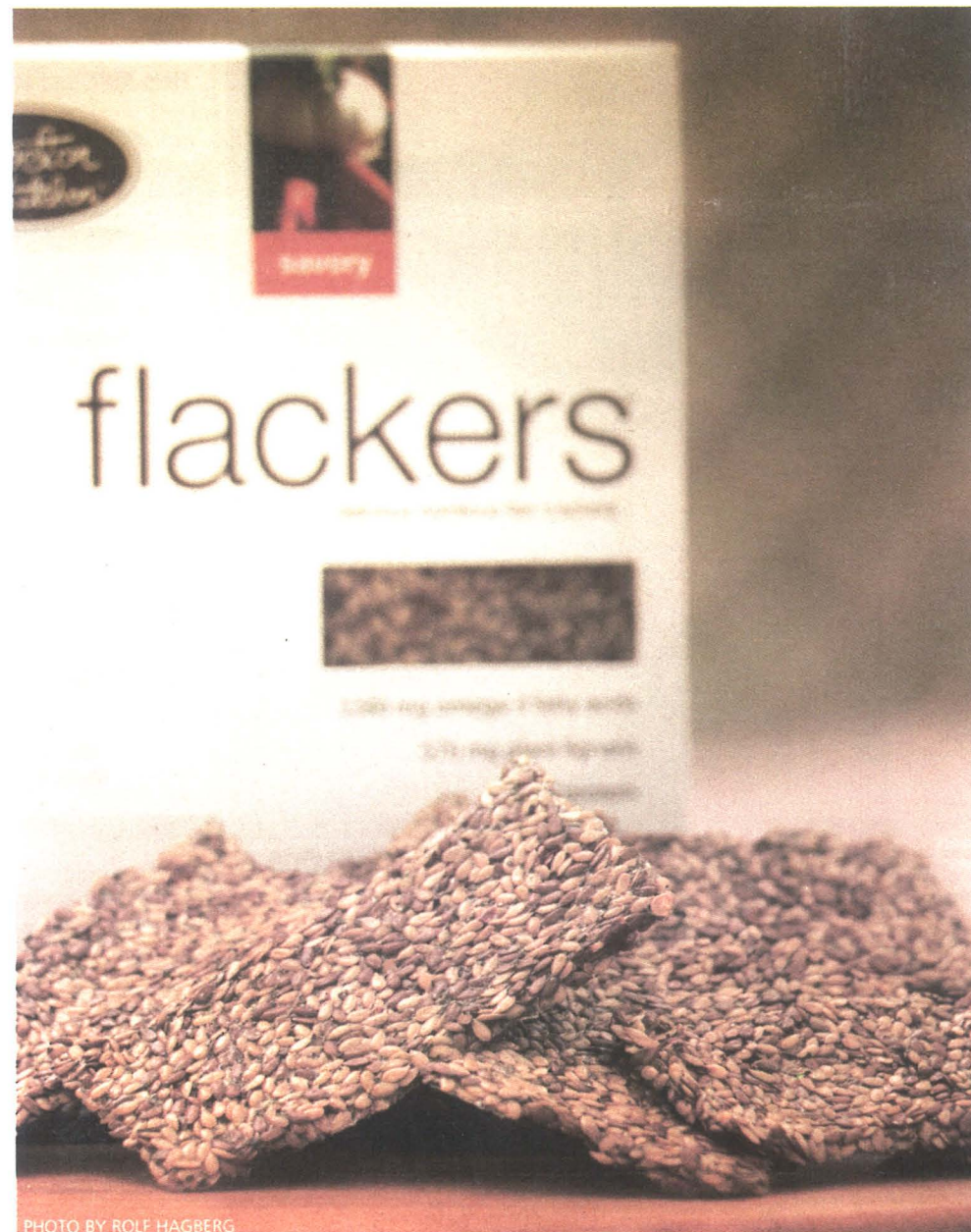


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