

Flax Seed Goo

3 cups water

1 cup whole flax seeds

Preparation time: 4 hours-one day

Yields about 3.5 cups flax seed goo.

Keeps for up to 4 days.

Soak flax seeds in water in an airtight container at room temperature for up to four hours, or keep in refrigerator for up to one day. Blend until pureed. There's our "goo".