

NANCY'S ORGANIC COTTAGE CHEESE

1 16 OZ LOWFAT COTTAGE CHEESE

1 8 OZ CUP EXPPELLER PRESSED

FLAX SEED OIL

2 TBLSPN STONE GROUND MUSTARD

3 TBLSPN LIQUID AMINO'S

2 TBLSPN BASIL OR CELANTRO

1 6^{oz} CAN WILD CATCH PINK SALMON

BLEND 7-10 MIN

1/2^{cup} FLAX / BOYAGE OIL, SUNFLOWER
EVENING PRIMROSE