

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<sup>oz</sup> CAN WILD CATCH PINK SALMON

BLEND 7-10 MIN

1/2<sup>cup</sup> FLAX / BOYAGE OIL, SUNFLOWER  
EVENING PRIMROSE