



## LSA & SLAP

LSA is short for linseed, sunflower seeds, and almonds. SLAP is the same except it adds pumpkin seeds. The seeds are ground up into a coarse or fine consistency.



LSA & SLAP are a source of protein, which helps us feel full and builds lean tissue like muscles. It contains Omega-3 oil to help promote heart health and brain function. Omega-3 oils can be lacking in some western diets so adding LSA is a good way to get an Omega-3 boost. LSA also contains fibre for gut health and micronutrients, such as vitamin A, E, D and B, calcium, zinc and magnesium.

LSA and SLAP have a nutty taste and is an easy addition to breakfast cereals, smoothies, yoghurt etc.

Whilst you can buy LSA already made, I prefer to make my own because I can then choose the quality of the ingredients, and also ensure I preserve the Omega-3 oil benefits as this can be lost during commercial production due to the heat of the milling/grinding action. It is also cheaper to make LSA yourself; I generally find it is about 30-40% cheaper.

A serving size of LSA or SLAP is about one tablespoon.

### How to make:

The ratio of the LSA ingredients is easy to remember as 3:2:1. That is, 3 parts linseed, 2 parts sunflower, 1 part almond. If you're making SLAP, I recommend you add 1 to 2 parts...as the main benefit of the pumpkin seeds in this context is the Zinc boost they bring.

Place the seeds into a blender and pulse for a few seconds at a time. Let the mix settle and pulse again. Repeat until the desired coarseness is achieved. Over processing will cause the mix to be very fine and it will start to clump together so don't over mill it.

### Tips:

- Refrigerate the ingredients overnight; this will help keep them cool when milling.
- Mill in small batches to speed up the process and help keep heat to a minimum.
- Keep your LSA and SLAP in an airtight container in the fridge to preserve the Omega-3.

