



LSA (Linseed, Sunflower & Almond)

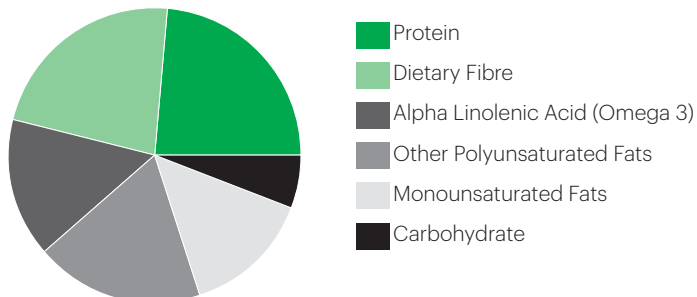
LSA is a mixture of ground raw linseed (also known as flaxseed), sunflower seeds and almonds. Altogether, this mixture is a good source of Essential Fatty Acids, dietary fibre and protein.

This nutritional power house is ideal for product for a range of bakery foods and snacks or as an addition to smoothies or cereals. LSA can either be used as a partial replacement of wheat flour to improve the nutritional profile or can be used with other gluten free ingredients in gluten free products.

With a high protein, fibre and Essential Fatty Acid content per 100g and a nutty taste and neutral colour, it can be added to products to help boost the nutritional profile of products, with minimal impact on taste and colour if required. LSA can be used as a partial replacement for wheat flour to improve the nutritional profile or can be used with other gluten free ingredients in gluten free products.

LSA allows food processors to tap into growing consumer trends. It can be used as an ingredient in low-fat formulas, non-allergen, gluten-free, high protein the list goes on.

Key Nutrients



Star Rating

Health	★★★★★
Gourmet Culinary	★★★★★

Technical Data

Product Name: LSA (Linseed, Sunflower & Almond)

Botanical Name: *Linum usitatissimum*, *Helianthus annuus*, *Prunus amygdalus dulcis*

Active Ingredient(s): Protein, Dietary Fibre, Alpha Linolenic Acid (Omega 3).

Food Safety: This product has been produced in accordance with HACCP principles.

Shelf life: 12 months from production date.

Allergen Statement: Contains tree nuts. Gluten may be present.

GM Status: Produced in a GM free production process.

Certifications available: HACCP and Organic. Kosher and Halal available on request.

Product Variations:

- LSA
- Organic LSA

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