

LINTSEED

Meaning: Linseed refers to the seeds of the flax plant, which are used to produce linseed oil and are valued for their nutritional benefits, including omega-3 fatty acids.

1. Linseed oil, derived from flax seeds, is often used in wood finishing and painting.
2. Many health enthusiasts incorporate flaxseed or linseed into their diets for its omega-3 fatty acids.
3. The bakery offered a variety of breads, some of which contained linseed for added nutrition.
4. She chose a smoothie recipe that included ground linseed for its rich fiber content.
5. In traditional medicine, linseed has been praised for its potential digestive benefits.

Source: sentences.whatistheurl.com

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