

Foods Alive Organic Gourmet Golden Flax Oils (Vegan, Gluten-Free, Soy-Free)

Though obviously pure and natural, it was hard for me to believe that these delicious oils (masquerading as salad dressings) actually qualify as healthy.

Far better than your basic oil, Foods Alive uses only organic cold pressed flaxseed oil for the maximum benefit of Omega-3's. The consistency is full-bodied and rich, offering a good dose of health and indulgence all in one neatly designed package.

In terms of taste, Foods Alive offers three varieties:

- Mike's Special Red ‐ This was similar to a French dressing, but it was light, fresh tasting, and not overpoweringly sweet. It was my favorite for basic salads.
- Sweet Mustard ‐ The mild mustard flavor is sweetened just a touch with organic agave syrup. I enjoyed it most as a dressing for green salad topped with vegetables, chickpeas, tuna, and olives. The Sweet Mustard Flax Oil is also amazingly good with steamed broccoli and cauliflower.
- Pure Gold ‐ Organic Cold Pressed Flaxseed Oil, no other additives or flavors required. As Foods Alive claims, this does have a bit of a buttery flavor. It was a nice healthy alternative for my popcorn topping, and excellent when stirred into freshly cooked rice.

Suited to almost every special diet, each flavor is free of milk, wheat/gluten, corn, soy, eggs*, peanuts*, tree nuts*, animal products, additives, and preservatives. The price is right (about \$12 per bottle) as these generously sized 16-ounce bottles go a long way. The packaging is neat and tidy. In fact, it is the best I have seen for a salad dressing or oil.

Foods Alive has definitely impressed me with their high quality condiments. I will most certainly be returning to the store for more. Since I have yet to decide on my favorite flavor, it seems I will have to continue stocking all three!

*If severe food allergies are a concern, contact Foods Alive to ensure there are no issues with cross-contamination.

- Pros: "Raw"; Organic; Vegan; Free of all common allergens; Versatile; Rich in Omega 3's; Rich but mild in flavor; Good packaging
- Cons: Not suitable for cooking, cold use only

Recommended for:

- Salad Dressing
- Baked Potatoes
- Popcorn
- Steamed Veggies
- Other "Raw" (uncooked) Oil Applications

Where to Buy:

- Online ‐ See the Foods Alive website for a list of online retailers
- In Store ‐ They are available in natural food grocers throughout the U.S. See the Foods Alive website for a store locator