

2 minutes application break

# Flax milk

## Facts

**Origin** America  
**Dates back** Early 2000s

**Ingredients** Flax seeds, sweetener, flavorings and water

A plant-based milk alternative, used as a substitute for cow's milk

## MixSing Vacuum



### Design

Shear	CFD simulations confirms >200,000 s <sup>-1</sup>
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 1,500 cP
Accessories	Vacuum system
Materials	Stainless steel: AISI 316L. All materials: EC 1935

## Insight

Flax milk is a plant-based milk alternative made from flax seeds. Making flax milk involves blending flax seeds with water, straining the mixture to remove any solid particles, and then sweetening the liquid with a sweetener such as maple syrup or agave nectar. Flax milk can also be flavoured with vanilla or other spices.

The history of flax milk is relatively new, flax seeds have been used as a food source for centuries, but the idea of using them to make milk is a recent development. The first commercial flax milk brand was launched in the United States in the early 2000s. Since then, other brands have followed suit, and

flax milk has gained popularity as a plant-based milk alternative.

Flax milk is popular among vegans and those looking for a dairy-free milk alternative. It is also a good source of plant-based omega-3 fatty acids, as flax seeds are high in omega-3s, which are beneficial for heart health. Additionally, flax milk has a nutty taste and creamy texture, making it suitable for coffee, tea, and other hot drinks. It can also be used in cooking and baking as a milk alternative. Flax milk is also gluten-free and does not contain any cholesterol.

Flax milk is now widely used worldwide;

however, its origin can be traced back to the United States. It is used in coffee shops, as an alternative to cow's milk, in cooking and baking, and can be found in most supermarkets.

The flax milk market is expected to grow in the coming years, with many new brands and varieties being introduced.