

From: Karyna Shuliak <[REDACTED]>

To: Lyn Fontanilla <[REDACTED]>

Subject: Muffin ingredients

Date: Tue, 23 Jun 2015 04:18:00 +0000

Inline-Images: IMG_1868.JPG

Hi Lyn,

Thanks for sending all the muffin ingredients to LSJ!

I have one question: you sent regular and golden flaxseed meal, do we need golden as well?

I attached a picture below..

