

One of the most common techniques in steganography for hiding information in images is called Least Significant Bit or LSB.

This technique is likely one of the first few things most people will try or stumble across when researching/doing a steganography challenge.

This type of steganography can be extracted with a module in CyberChef.

You need to figure out that the "7" in "7 Bit Flow" is talking about which bit is being used for the LSB steganography.

You then need to try the 7th bit in the RGB sections of the module until you get the flag.

In this case, it was the 7th red bit to keep things easier.