



Omega-3 Breakfast Cookies

1 $\frac{1}{2}$ cups whole wheat flour
1 cup Natunola® health's delight

Shelled Flax Meal

2 cups oatmeal

1 $\frac{1}{2}$ teaspoons cinnamon

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{2}$ cup non fat plain yogurt

$\frac{1}{2}$ cup unsweetened applesauce

1 $\frac{1}{2}$ teaspoons vanilla

$\frac{1}{3}$ cup molasses

1 egg, beaten

1 cup skim milk

1 teaspoon baking soda

1 teaspoon baking powder

$\frac{1}{2}$ cup Natunola® health's delight's

Shelled Flax Kernel

$\frac{1}{3}$ cup dried fruit (raisins, cranberries, dates, blueberries or apples)

$\frac{1}{3}$ cup chopped nuts (pecans, walnuts, almonds), if desired



Preheat oven to 350°F. In a mixing bowl add the flour, Natunola® health's delight Shelled Flax Meal, oatmeal, cinnamon and nutmeg. In a separate bowl add the yogurt, applesauce, vanilla, molasses, egg and skim milk. Stir well and add the baking soda and baking powder. Slowly add in the flax mixture, stirring until well mixed. Add in the fruit and nuts (for nut free version omit the nuts and add extra fruit). Add in the Natunola® health's delight Shelled Flax Kernel.

Scoop the batter onto cookie sheet lined with parchment paper. Bake at 350°F for 13 - 18 minutes.

Yields 24 cookies.

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