



## Omega-3 Carrot Cake

1  $\frac{1}{2}$  cups brown sugar (not packed)  
1/2 cup canola oil  
1/2 cup unsweetened applesauce  
3 eggs  
1 cup whole-wheat flour  
1 cup Natunola® health's delight Shelled Flax Meal  
1 tsp. baking soda  
2 tsp. baking powder  
1 tsp. salt  
2 tsp. cinnamon  
1/2 cup Natunola® health's delight Shelled Flax Kernel  
2 cups grated carrots  
1/2 cup walnuts



Beat sugar, oil and applesauce well. Beat in eggs until creamy. Fold in dry ingredients. Stir in Natunola® health's delight Shelled Flax Kernel, carrots and walnuts. Pour into a greased 13" x 9" or tube pan and bake at 325°F for 60 to 65 minutes.

Icing: 1/2 cup butter  
4 oz. cream cheese  
1 tsp. vanilla  
1/2 tsp. cinnamon  
2 1/2 cups icing sugar

Cream butter and cream cheese. Beat in vanilla and cinnamon, then add the icing sugar.

Topping: 1/4 cup walnuts - crushed  
2 tbsp. brown sugar  
1 tbsp. Natunola® health's delight Shelled Flax Kernel

Mix together and sprinkle on top of cake. Yields 16 servings.

---

Natunola Health Inc.

Sales: 21 Antares Drive, Unit 123-124, Nepean, ON Canada K2E 7T8

Manufacturing Plant: 661 St. Lawrence Street, Winchester, ON Canada K0C 2K0

Tel: (613) 774-9998 \* Fax: (613) 774-2226 \* flax@natunola.com \* www.natunola.com