



Omega-3 Flax Cheese Ball

1 package cream cheese, softened
(8 oz./250 gram)

4 ounces cheddar cheese, shredded

1 teaspoon lime juice

$\frac{1}{2}$ small green pepper - finely chopped

$\frac{1}{2}$ small red onion - finely chopped

1 tablespoon chopped pimento

(optional)

cayenne pepper (to taste)

salt (to taste)

$\frac{1}{4}$ cup **Natunola® health's delight Shelled Flax Kernel**



Combine cream cheese and cheddar cheese. Add lime juice and mix well. Mix in green pepper, red onion, pimento, cayenne pepper and salt. Chill for one hour. Shape into a ball and roll in the Natunola® health's delight Shelled Flax Kernel. Serve with crackers or vegetables.

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