



Cranberry Flax Coffee Cake

$\frac{1}{4}$ cup butter or shortening
1 cup white sugar
1 cup sour cream
2 eggs
 $\frac{3}{4}$ cup Natunola® health's delight Shelled Flax Meal
2 cups flour
1 tsp. baking soda
1 tsp. baking powder
1 cup buttermilk
 $\frac{1}{2}$ cup Natunola® health's delight Shelled Flax Kernel
2 cups cranberries (fresh or frozen)

Glaze:

$\frac{3}{4}$ cup icing sugar
1 tbsp. water
 $\frac{1}{4}$ cup Natunola® health's delight Shelled Flax Kernel

Preheat oven to 350°F . Grease a 10" tube pan. In a bowl, mix together the butter with sugar until fluffy. Add sour cream and eggs, mixing well. In a separate bowl mix together Natunola® health's delight Shelled Flax Meal, flour, baking soda and baking powder. Add dry ingredients to creamed mixture alternately with buttermilk until just blended. Stir in Natunola® health's delight Shelled Flax Kernel and the cranberries. Pour into prepared tube pan spreading evenly. Bake for 60 - 70 minutes or until toothpick inserted in center comes out clean and top is brown. Let cool for 10 minutes then remove from pan and cool completely on wire rack.

Glaze: Mix icing sugar and water (add more sugar if it's too runny or more water if it's too thick). Spoon the glaze into a sandwich bag. Snip off 1/16" from a corner of the bag and squeeze the glaze over the top of the cake in random swirls or in a starburst pattern. The cake must be cooled completely or the glaze will melt. Sprinkle top of cake with Natunola® health's delight Shelled Flax Kernel.

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