



Flax Cheese Biscuits

- 1 $\frac{3}{4}$ cups flour
- $\frac{1}{4}$ cup Natunola® health's delight Shelled Flax Meal
- 4 tsp. baking powder
- 1 tbsp. sugar
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ cup lard, shortening or butter
- 1 egg
- $\frac{3}{4}$ cup milk
- 1 $\frac{1}{2}$ cup shredded cheese
- $\frac{1}{2}$ cup Natunola® health's delight Shelled Flax Kernel



Preheat oven to 350°F. Mix flour, Natunola® health's delight Shelled Flax Meal, baking powder, sugar and salt together in a large bowl. Cut in lard with pastry blender (or two forks) until crumbly. Beat egg and milk together. Add to the flour mixture, mixing until just combined. Gently fold in cheese and Natunola® health's delight Shelled Flax Kernel.

Turn onto floured board and fold in thirds five times, dusting lightly with flour to reduce stickiness. Roll out to 3/4" thickness. Cut 3" rounds with a biscuit cutter (or a juice glass). Place on ungreased cookie sheet. Bake at 350°F for 10 - 12 minutes, until lightly browned.

Yields 12 - 16 biscuits.

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