



Flax Pumpkin Roll

$\frac{3}{4}$ cup flour
1 tsp. baking powder
2 tsp. cinnamon
1 tsp. ginger
 $\frac{1}{2}$ tsp. nutmeg
3 whole eggs
1 cup sugar
 $\frac{2}{3}$ cup pumpkin, cooked or
canned
1 tsp. lemon juice
 $\frac{1}{3}$ cup **Natunola® health's
delight Shelled Flax Kernel**
Icing sugar



Filling:

1 cup icing sugar
6 oz. pkg. cream cheese
4 tbsp. butter
 $\frac{1}{2}$ tsp. vanilla

Preheat oven to 375°F. Sift together the first five dry ingredients and set aside. Beat eggs with a mixer for five minutes, until very thick. Gradually beat in 1 cup of sugar. Stir in pumpkin, lemon juice and dry ingredients. Spread onto a waxed paper lined cookie sheet or greased 15" x 10" jelly roll pan. Sprinkle top with **Natunola® health's delight Shelled Flax Kernel**. Bake for 15 minutes. Loosen edges and turn out immediately on a tea towel sprinkled with icing sugar. Roll cake and towel together; cool and unroll.

Filling: Combine icing sugar, cream cheese, butter and vanilla; spread over cake. Roll again and chill before slicing to serve. Keep refrigerated. Serves 10.

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