



## Omega-3 Fish Batter



For a quick and nutritious batter for fresh fish, dip fish pieces in an egg (lightly beaten) then roll in Natunola® health's delight Shelled Flax Meal and fry until done.

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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](mailto:flax@natunola.com) \* [www.natunola.com](http://www.natunola.com)