



Omega-3 Flax Orange Cake

$\frac{3}{4}$ cup butter or shortening
1 $\frac{1}{4}$ cups white sugar
3 eggs
1 tsp. orange extract
grated zest of 1 orange
1 cup sour cream
 $\frac{1}{2}$ cup buttermilk
 $\frac{1}{4}$ cup **Natunola® health's delight Shelled Flax Meal**
3 cups flour
1 $\frac{1}{2}$ tsp. baking soda
1 $\frac{1}{2}$ tsp. baking powder
1 pinch of salt
 $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Kernel**
 $\frac{1}{2}$ cup walnuts, chopped

Glaze:

$\frac{3}{4}$ cup icing sugar
1 tbsp. orange juice
2 tbsp. orange zest
2 tbsp. **Natunola® health's delight Shelled Flax Kernel**

Preheat oven to 350°F. Generously grease a bundt pan. In a bowl, using electric mixer cream butter with sugar. Beat in eggs one at a time, followed by the orange extract, orange zest, sour cream and buttermilk. In a medium sized bowl mix together Natunola® health's delight Shelled Flax Meal, flour, baking soda, baking powder and salt. Add to the creamed mixture just until incorporated and then stir in the Natunola® health's delight Shelled Flax Kernel and the walnuts. Pour into prepared bundt pan spreading evenly. Bake for 40 - 45 minutes or until toothpick inserted in center comes out clean and top is brown. Remove from pan and cool completely on wire rack.

Glaze: Mix icing sugar, orange juice and orange zest (add more sugar if it's too runny or more orange juice if it's too thick). Drizzle glaze over top of cake. The cake must be cooled completely or the glaze will melt. Sprinkle top of cake with Natunola® health's delight Shelled Flax Kernel.

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