



## Omega-3 Raspberry Thumbprints

1 - 250 g package cream cheese,  
softened  
 $\frac{3}{4}$  cup butter, softened  
1 cup white sugar  
2 tsp. vanilla extract  
2 cups flour  
 $\frac{1}{4}$  cup Natunola® health's delight  
**Shelled Flax Meal**  
 $\frac{1}{2}$  tsp. baking soda



1 egg white

**Natunola® health's delight Shelled Flax Meal**

Raspberry Jam

Beat the cream cheese with the butter until smooth. Add in the sugar and vanilla. Mix with electric mixer until well blended. Add in the flour, Natunola® health's delight Shelled Flax Meal and baking soda and stir just until mixed. Refrigerate dough for 30 minutes.

Preheat oven to 350°F. Shape the cookie dough into one inch balls. Roll the balls in the egg white then in Natunola® health's delight Shelled Flax Meal until well covered. Place balls on ungreased cookie sheet then press your thumb into centre to make an indentation. Bake for 10 minutes then remove from oven and fill the indentation with raspberry jam (you may have to use a spoon to reshape the indentation). Place cookies back in the oven and bake for an additional 8 - 10 minutes. **Note - jam will be extremely hot so take care not to touch the cookies until cooled.**

Yields approximately 5 dozen cookies

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