



Warm Mushroom Shelled Flax Salad

$\frac{1}{2}$ package bacon
8 oz sliced mushrooms
 $\frac{1}{2}$ small onion, sliced
Favourite Greens:
Romaine lettuce, Radicchio
lettuce, Baby Spinach
Natunola® health's delight's
Shelled Flax Kernel



In a large frying pan, fry up bacon until crispy. Remove slices and drain on paper towels, then crumble. Drain all the bacon grease but do not clean the pan. Fry the mushrooms and onion in the pan until mushrooms are golden brown.

Place your favourite greens in a colander, wash and drain well. Place greens on a serving plate and top with fried vegetables and bacon. Sprinkle with Natunola® health's delight Shelled Flax Kernel.

This salad is delicious as a side dish or a main meal.

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