



Omega-3 Flax Brownies

- $\frac{1}{2}$ cup butter or shortening
- 2 cups white sugar
- 1 tsp. vanilla
- 2 eggs
- 2 cups milk
- 1 tbsp. vinegar
- $1\frac{1}{2}$ cups flour
- $\frac{1}{4}$ cup **Natunola® health's delight Shelled Flax Meal**
- 1 tsp. baking powder
- 1 tsp. baking soda
- $\frac{1}{4}$ tsp. salt
- $\frac{3}{4}$ cup cocoa plus $\frac{1}{4}$ cup shortening
- $\frac{1}{4}$ cup **Natunola® health's delight Shelled Flax Kernel**

Mix butter, sugar, vanilla and eggs and beat with electric mixer until well mixed. In a separate bowl put in milk and sour it with 1 tablespoon of vinegar. In a separate bowl add together dry ingredients. To the butter mixture slowly add dry ingredients and milk, alternating each and continue mixing for 1 - 2 minutes. Add chocolate mixture and continue beating for four minutes. Bake in a greased 13" x 9" pan at 350°F for 30 - 35 minutes.

Frost as desired and sprinkle top of cake with Natunola® health's delight Shelled Flax Kernel.