



Omega-3 Flax Butter Tarts

$\frac{1}{2}$ cup brown sugar, lightly packed
 $\frac{1}{2}$ cup corn syrup
 $\frac{1}{4}$ cup golden flavour shortening
1 egg, slightly beaten
1 tsp. caramel extract
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ cup Natunola® health's delight
Shelled Flax Kernel
12 pastry shells, frozen (or your own
pastry recipe for tarts)



Preheat oven to 425°F. Place frozen pastry shells on baking sheet and let thaw for 15 minutes. If using your own pastry recipe, roll dough out thinly on floured surface. Cut into 4" rounds and fill medium-sized muffin cups.

Add all ingredients together in a bowl and mix well. Fill pastry shells $\frac{2}{3}$ full with mixture. Bake for 12 minutes or just until set - DO NOT OVER BAKE (over baking will make the tarts runny). Remove from pan and let cool on wire rack.

Yields 12 tarts

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