



Omega-3 Carrot Cake

1 $\frac{1}{2}$ cups brown sugar (not packed)
1/2 cup canola oil
1/2 cup unsweetened applesauce
3 eggs
1 cup whole-wheat flour
1 cup Natunola® health's delight Shelled Flax Meal
1 tsp. baking soda
2 tsp. baking powder
1 tsp. salt
2 tsp. cinnamon
1/2 cup Natunola® health's delight Shelled Flax Kernel
2 cups grated carrots
1/2 cup walnuts



Beat sugar, oil and applesauce well. Beat in eggs until creamy. Fold in dry ingredients. Stir in Natunola® health's delight Shelled Flax Kernel, carrots and walnuts. Pour into a greased 13" x 9" or tube pan and bake at 325°F for 60 to 65 minutes.

Icing: 1/2 cup butter
4 oz. cream cheese
1 tsp. vanilla
1/2 tsp. cinnamon
2 1/2 cups icing sugar

Cream butter and cream cheese. Beat in vanilla and cinnamon, then add the icing sugar.

Topping: 1/4 cup walnuts - crushed
2 tbsp. brown sugar
1 tbsp. Natunola® health's delight Shelled Flax Kernel

Mix together and sprinkle on top of cake. Yields 16 servings.

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