



Omega-3 Cheddar Zucchini Bread

1 medium zucchini
1 cup all-purpose flour
 $\frac{1}{2}$ cup Natunola® health's
delight Shelled Flax Meal
2 tsp. baking powder
1 tsp. salt
 $\frac{1}{2}$ tsp. baking soda
 $\frac{1}{2}$ tsp. ground nutmeg
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup white sugar
2 cups grated cheddar cheese
2 eggs
 $\frac{1}{3}$ cup vegetable oil
 $\frac{1}{4}$ cup Natunola® health's
delight Shelled Flax Kernel



Preheat oven to 350°F. Lightly coat a 9" x 5" loaf pan with non-stick cooking spray. Using large holes on a box grater, grate unpeeled zucchini. Using your hands, squeeze out as much liquid as possible. Pat dry with paper towels. Zucchini should measure about 1 cup.

In a large bowl, using a fork, stir flour and Natunola® health's delight Shelled Flax Meal with baking powder, salt, baking soda and nutmeg. Stir in both sugars then add the zucchini and 1 $\frac{1}{2}$ cups of the cheddar cheese.

In a separate bowl, whisk the eggs with the vegetable oil. Pour over the flour mixture and stir just until mixed. Add in the Natunola® health's delight Shelled Flax Kernel. Batter will be thick. Scrape into prepared pan and sprinkle with remaining $\frac{1}{2}$ cup cheddar cheese.

Bake in centre of oven for approximately 40 - 50 minutes (loaf is ready when a toothpick inserted in centre comes out clean). Let stand for 10 minutes then allow to cool on a cooling rack. Yields approximately 16 slices.

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