



Flax Pumpkin Cheesecake

- 1 1/3 cups baking crumbs (Oreo or Graham Cracker)
- 1/3 cup butter, melted
- 3/4 cup water
- 3 tbsp. **Natunola® health's delight Shelled Flax Meal**
- 3 - 250 gram packages of light cream cheese
- 3/4 cup artificial sweetener (Splenda) or sugar
- 1 cup pumpkin purée
- 1/2 cup **Natunola® health's delight Shelled Flax Kernel**
- 1/4 tsp. nutmeg
- 1/4 tsp. cinnamon



Preheat oven to 350°F. Mix together the baking crumbs and the melted butter. Press into a 9" springform pan. Set aside.

In a small bowl, mix together the water with the Natunola® health's delight Shelled Flax Meal. Stir together then let stand for 3 minutes (Note this replaces 3 eggs in the original recipe - you may wish to use eggs as this version will not rise as high as normal).

Beat the cream cheese with the sweetener until smooth. Slowly pour in the flax egg replacement mixture and stir until well blended. Add in the pumpkin purée, Natunola® health's delight Shelled Flax Kernel, nutmeg and cinnamon. Pour the mixture into the prepared crust.

Bake for 45 - 50 minutes or until the centre is almost set. Let cool completely then refrigerate for 3 hours (or overnight). Garnish with caramel sauce or whipped topping and a sprinkle of cinnamon, if desired.

Yields approximately 12 servings.

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