



Chocolate Chip Flax Cookies

$\frac{1}{2}$ cup butter or shortening
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ cup white sugar
 $\frac{1}{2}$ tsp. vanilla
1 egg
 $\frac{3}{4}$ cup flour
 $\frac{1}{4}$ cup **Natunola® health's delight
Shelled Flax Meal**
1 tsp. baking soda
 $\frac{1}{4}$ tsp. salt
 $\frac{3}{4}$ cup chocolate chips
 $\frac{1}{4}$ cup **Natunola® health's delight
Shelled Flax Kernel**



Cream together butter, brown sugar and white sugar. Add vanilla and the egg. Mix in flour, Natunola® health's delight Shelled Flax Meal, baking soda and salt. Add chocolate chips and Natunola® health's delight Shelled Flax Kernel. Drop mixture by teaspoonful onto ungreased cookie sheet. Bake in preheated oven at 350°F for 10 - 12 minutes.

Yields approximately 15 cookies

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