



Cranberry-Nut Bread (Gluten Free)

- 1 $\frac{1}{2}$ cups Gluten Free Flour Mix*
- $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Meal**
- 1 tsp. xanthan gum
- $\frac{1}{4}$ tsp. ground cloves
- 1 tsp. orange peel
- 1 tsp. salt
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 cup brown sugar
- 2 eggs
- 1 cup yogurt
- 3 tbsp. butter or margarine, melted
- 1 cup dried cranberries
- $\frac{1}{2}$ cup pecans, chopped
- $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Kernel**

Preheat oven to 350°F. In a large mixing bowl, blend thoroughly the Gluten Free Flour Mix, Natunola® health's delight Shelled Flax Meal, xanthan gum, cloves, orange peel, salt, baking powder, baking soda and sugar.

In a smaller bowl, beat the eggs, then add the yogurt and butter. Pour this liquid into the flour mixture and stir until blended (don't beat). Stir in the cranberries, nuts and Natunola® health's delight Shelled Flax Kernel.

Pour into one 5" x 8" greased and rice-floured loaf pan or three 2 $\frac{1}{2}$ " x 5" prepared loaf pans.

Bake for 60 to 65 minutes for a large loaf or 35 to 40 minutes for small loaves. Cool thoroughly before slicing.

*Gluten Free Flour Mix: 1 $\frac{1}{2}$ cups white rice flour
 $\frac{1}{2}$ cup potato starch flour
4 tsp. tapioca flour

Yields 1 large or 3 small loaves

Natunola Health Inc.

Sales: 21 Antares Drive, Unit 123-124, Nepean, ON Canada K2E 7T8

Manufacturing Plant: 661 St. Lawrence Street, Winchester, ON Canada K0C 2K0

Tel: (613) 774-9998 * Fax: (613) 774-2226 * flax@natunola.com * www.natunola.com