



## Omega-3 Flax Date Squares

### Filling:

5 cups dates  
3 cups water  
 $\frac{1}{2}$  cup brown sugar  
1 tbsp. lemon juice  
 $\frac{1}{2}$  tsp. baking soda

Boil the dates in the water until cooked.  
Add sugar, lemon juice and soda. Let cool.

2 cups brown sugar  
3 cups rolled oats  
3 cups white flour  
2 cups **Natunola® health's delight Shelled Flax Meal**  
1 tsp. baking soda  
1 cup sour milk  
2 cups canola oil  
 $\frac{1}{2}$  cup **Natunola® health's delight Shelled Flax Kernel**



Lightly grease an 18" x 12" pan. Combine sugar, oats, flour, Natunola® health's delight Shelled Flax Meal and baking soda. Stir well. Add milk and oil and mix well.

Spread half the mixture in the pan and pat it down flat. Spread the date filling over this mixture and top with remaining flax mixture. Bake in preheated oven at 275°F for one hour. Sprinkle top with Natunola® health's delight Shelled Flax Kernel while still hot and cut into squares (squares cut better when hot). Let cool.

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