



Flax Doughnuts

4 eggs
1 cup sugar
2 $\frac{1}{4}$ cups milk
2/3 cup canola oil
1 $\frac{1}{2}$ cups mashed potatoes (1 cup boiling water & $\frac{1}{2}$ cup instant mashed potatoes)
6 cups white flour
1/3 cup **Natunola® health's delight Shelled Flax Meal**
1 tsp. nutmeg
1 tsp. ginger
1 tsp. salt
4 tsp. baking powder

Beat eggs and sugar together. Add milk, oil and mashed potatoes and beat well. Add flour, Natunola® health's delight Shelled Flax Meal, nutmeg, ginger, salt and baking powder and mix well. Chill slightly so dough is easier to handle.

Roll dough to $\frac{1}{4}$ " thickness and cut into standard doughnut shape. Fry in deep fryer at 370°F until brown on one side. Turn over and fry until brown on the other side. Remove from oil.

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