



Easy **Omega-3** Coffee Cake

2 cans (350 g each) refrigerated country biscuits
1 pkg. (102 g) Vanilla Instant Pudding mix
1 tsp. orange zest
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ cup butter, melted
 $\frac{1}{4}$ cup cream cheese
 $\frac{1}{4}$ cup icing sugar
2 tsp. milk

Natunola® health's delight Shelled Flax Shaker

Preheat oven to 350°F. Separate biscuits then cut into quarters. In a medium bowl, mix dry pudding mix, orange zest and cinnamon. Add the biscuit pieces and toss to coat, then drizzle with the melted butter and toss gently.



Place in a 9 inch round greased cake pan. Bake for 40 minutes until golden brown and when a toothpick inserted in the centre comes out clean. Cool for 5 minutes then remove from pan.

Microwave the cream cheese in a small bowl on high for 10 seconds. Stir in the icing sugar and the milk. Drizzle this mixture over the cake. Using the convenient **Natunola® health's delight Shelled Flax Shaker** top the cake with a generous amount of Shelled Flax Kernel. Cool completely then serve. Serves 12.

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