



Flax Cinnamon Buns

2 packages yeast
1 tsp. sugar
 $\frac{1}{4}$ cup warm water
 $\frac{3}{4}$ cup milk, scalded
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ tsp. salt
 $3\frac{1}{2}$ cups flour
 $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Meal**
2 tbsp. butter
 $\frac{3}{4}$ cup brown sugar
2 tsp. cinnamon

Topping:

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup corn syrup
 $\frac{1}{2}$ cup pecans, chopped
 $\frac{1}{4}$ cup **Natunola® health's delight Shelled Flax Kernel**



Preheat oven to 350° F. In a large bowl dissolve yeast and 1 tsp. sugar in warm water. In a sauce pan scald milk then stir in sugar, butter and salt. Pour milk into yeast mixture. Stir in 2 cups of flour and the Natunola® health's delight Shelled Flax Meal. Beat with a wooden spoon until well mixed then add the remaining flour. Knead the dough until smooth and elastic.

Cover and let rise for approximately 1 hour. Punch down and roll the dough into a rectangle $\frac{1}{4}$ inch thick. Smear dough with butter and sprinkle with brown sugar and cinnamon. Roll and cut into 1 inch thick slices.

For topping, melt butter with corn syrup then mix in pecans and Natunola® health's delight Shelled Flax Kernel. Place topping mixture in the bottom of 9" x 13" pan. Place rolls in pan and let rise for 1 hour. Bake for 20 minutes. Cover with foil for the last 5 minutes of baking. Remove from pan immediately and turn over so topping faces up.

Yield approximately 18 Buns

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