



Flax Focaccia

(using a bread machine)

1 cup lukewarm water
2 $\frac{3}{4}$ cups flour
 $\frac{1}{2}$ cup Natunola® health's delight

Shelled Flax Meal

2 tbsp olive oil
1 tsp salt
1 tbsp sugar
4 tsp dry yeast
2 cloves minced garlic
1 tsp dried rosemary

2 - 3 tbsp olive oil
2 tbsp Natunola® health's delight

Shelled Flax Kernel

$\frac{1}{4}$ cup Parmesan cheese
1 - 2 tbsp dried rosemary



Place water, flour and Natunola® health's delight Shelled Flax Meal into the bread machine pan in order given. Add the olive oil, salt, and sugar into different corners. Make an indent in the middle and add the yeast. Add the garlic and rosemary. Run in the dough cycle.

Remove the dough from the machine when the cycle is complete and place onto a lightly floured surface. Knead a few times. Pat the dough into an oiled 9 x 13 inch baking dish. Fill the entire dish. Use your fingers to create dimples in the surface of the dough.

Brush olive oil over the dough. Sprinkle dough with Natunola® health's delight Shelled Flax Kernel, cheese and rosemary in order given.

Preheat oven to 350°F. While oven is preheating, cover dish with plastic wrap and let rise 15 - 20 minutes until double in size. Remove plastic wrap and bake for 15 - 20 minutes or until lightly browned on top and hollow sounding when tapped.

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