



Flax Potato Casserole

- 1 - 750 g pkg. frozen hash browns
- $\frac{1}{2}$ onion - chopped
- 1 cup (250 ml) sour cream
- $\frac{2}{3}$ cup melted butter
- 1 - 10 oz. (284 ml) can of cream of chicken or mushroom soup
- $\frac{1}{3}$ cup **Natunola® health's delight Shelled Flax Meal**
- $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Kernel**
- salt and pepper to taste
- 8 oz. cheddar cheese - shredded

Grease a large casserole dish.

Mix hash browns, chopped onion, sour cream, melted butter and soup. Mix well. Add Natunola® health's delight Shelled Flax Meal, Natunola® health's delight Shelled Flax Kernel, salt and pepper.

Spread in casserole dish. Top with grated cheese and cover.

Bake at 375°F for 1 hour. Yields 6 servings.

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