



## Flax Pumpkin Roll

$\frac{3}{4}$  cup flour  
1 tsp. baking powder  
2 tsp. cinnamon  
1 tsp. ginger  
 $\frac{1}{2}$  tsp. nutmeg  
3 whole eggs  
1 cup sugar  
 $\frac{2}{3}$  cup pumpkin, cooked or  
canned  
1 tsp. lemon juice  
 $\frac{1}{3}$  cup **Natunola® health's  
delight Shelled Flax Kernel**  
Icing sugar



### Filling:

1 cup icing sugar  
6 oz. pkg. cream cheese  
4 tbsp. butter  
 $\frac{1}{2}$  tsp. vanilla

Preheat oven to 375°F. Sift together the first five dry ingredients and set aside. Beat eggs with a mixer for five minutes, until very thick. Gradually beat in 1 cup of sugar. Stir in pumpkin, lemon juice and dry ingredients. Spread onto a waxed paper lined cookie sheet or greased 15" x 10" jelly roll pan. Sprinkle top with **Natunola® health's delight Shelled Flax Kernel**. Bake for 15 minutes. Loosen edges and turn out immediately on a tea towel sprinkled with icing sugar. Roll cake and towel together; cool and unroll.

Filling: Combine icing sugar, cream cheese, butter and vanilla; spread over cake. Roll again and chill before slicing to serve. Keep refrigerated. Serves 10.

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