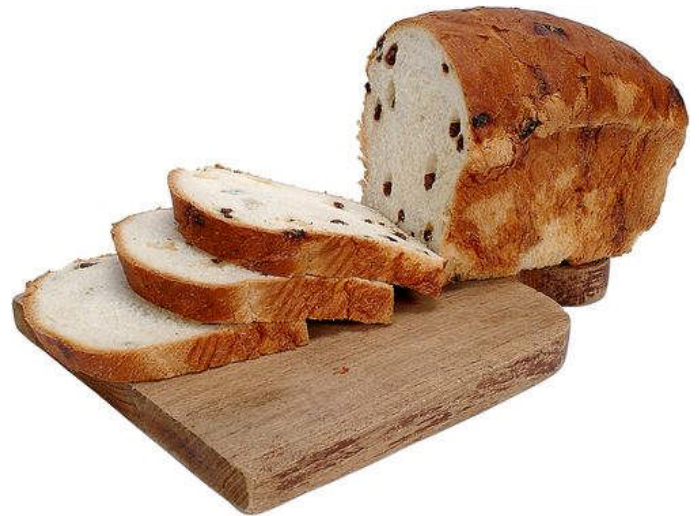




Flax Raisin Bread

(For Bread Machine)

1 $\frac{1}{4}$ cups water
2 tbsp. powdered milk
2 tbsp. shortening
1 tbsp. honey
1 tbsp. molasses
1 tsp. salt
2 $\frac{3}{4}$ cups whole-wheat flour
 $\frac{1}{2}$ cup Natunola® health's delight
Shelled Flax Meal
 $\frac{1}{2}$ cup raisins
1 $\frac{1}{4}$ tsp. yeast



Measure and add ingredients into bread machine baking pan in order. Set on basic loaf and let it go until it finishes the first rise and has kneaded the dough.

Remove dough from machine and put in two well-greased bread pans. Allow it to rise and then bake at 350°F for 20 - 25 minutes.

Yields 2 loaves.

Natunola Health Inc.

Sales: 21 Antares Drive, Unit 123-124, Nepean, ON Canada K2E 7T8

Manufacturing Plant: 661 St. Lawrence Street, Winchester, ON Canada K0C 2K0

Tel: (613) 774-9998 * Fax: (613) 774-2226 * flax@natunola.com * www.natunola.com