



Flax Streusel Apple Cake

First Layer:

- 1/4 cup butter
- 1/2 cup packed brown sugar
- 2 medium apples, thinly sliced

Cake Batter:

- 1 1/2 cups all-purpose flour
- 1/2 cup Natunola® health's delight Shelled

Flax Meal

- 1 cup sugar
- 3 tsp. baking powder
- 1 tsp. salt
- 1/3 cup butter, softened
- 1/2 cup milk
- 1/2 cup orange/mango/citrus juice
- Grated peel of 1 lime
- 1 egg

Streusel:

- 1/4 cup chopped almonds
- 1/4 cup Natunola® health's delight Shelled Flax Kernel
- 1/3 cup packed brown sugar
- 1/4 cup all-purpose flour
- 1/2 tsp. cinnamon
- 3 tbsp. firm butter



Preheat oven to 350°C. Heat butter in a square (9x9x2) or round cake pan in oven until melted. Sprinkle with brown sugar and stir to make a syrup base. Arrange apple slices in pan. Prepare Streusel by mixing all ingredients until crumbly.

Mix all batter ingredients in a large bowl. Beat on low mixer speed for 30 seconds, then on medium speed for 2 minutes, scraping the bowl occasionally. Spread the batter carefully over the apple mixture. Sprinkle the Streusel topping on top of cake batter. Bake until wooden toothpick inserted in centre comes out clean, approximately 50 minutes. Immediately invert pan on heatproof plate and let the pan remain for 2 minutes to allow the syrup to drizzle over the cake. Serves 9.

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