



Nutty Flax Loaf

- $\frac{3}{4}$ cup unsweetened orange juice
- 1 cup bran flake cereal
- $\frac{1}{2}$ cup dried apricots
- $\frac{1}{2}$ cup pecans
- 1 cup dates
- 2 eggs
- 1 cup non-fat plain yogurt
- $\frac{1}{3}$ cup unsweetened applesauce
- $\frac{3}{4}$ cup brown sugar (not packed)
- 1 cup whole wheat flour
- $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Meal**
- 1 cup quick cooking oats
- $1 \frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{3}$ cup **Natunola® health's delight Shelled Flax Kernel**



Preheat oven to 350° F (180° C). Mix together orange juice and bran flakes in a small bowl until bran flakes are soaked.

In a food processor mix together apricots, pecans and dates. Pulse until finely chopped (if you don't have a food processor, chop finely). Add to the bran flake mixture and stir well.

In a separate bowl whisk eggs lightly. Stir in yogurt, applesauce and brown sugar. Mix well. Add in flour, Natunola® health's delight Shelled Flax Meal, oats, baking powder, baking soda and salt. Stir just until moistened. Add in bran flake fruit mixture and Natunola® health's delight Shelled Flax Kernel and stir just until mixed.

Spread batter in:

Muffin pan and bake at 350° F for 20 minutes (makes 24 muffins)

OR

Small loaf pan and bake at 350° F for 40 minutes (makes 2 loaves)

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