



## **Omega-3 Oatmeal Cranberry and Nut Muffins**

1 cup **Natunola® health's delight Shelled Flax Meal**

1 - 900 g package of Oatmeal Muffin mix

3 tsp. baking powder

2 tsp. baking soda

$\frac{1}{4}$  tsp. salt

3 tbsp. custard powder

3 tbsp. cocoa

Sift all of the above ingredients together, twice. Whatever bits of oatmeal do not go through sifter, return to mixture.

1  $\frac{1}{2}$  cups nuts (pecans, walnuts, etc.)

$\frac{1}{3}$  cup **Natunola® health's delight Shelled Flax Kernel**

1 cup raisins

1 cup dried cranberries

Stir above ingredients into flour mixture.

6 eggs, room temperature

$\frac{1}{4}$  tsp. white sugar

Pinch of cream of tartar

Separate eggs. Beat egg whites with sugar and cream of tartar into medium to stiff peaks. Set aside.

4 tbsp. butter, softened

$\frac{1}{2}$  cup sugar

2 tbsp. molasses

1 can of crushed pineapple, drained

Carrot, grated (optional)

Chocolate chips (optional)

1 cup of  $\frac{1}{2}$  and  $\frac{1}{2}$  cream or milk

In a large bowl, cream butter and sugar. Beat in egg yolks. Add molasses. Mix in a small amount of nuts and raisin/flour mixture, just enough to coat. Add drained pineapple. Carrot or chocolate chips may be added at this time. Using a small amount at a time, add cream/milk and alternate with the flour mixture, mixing well between each addition. Fold in the egg whites using a large spatula. Put batter into small muffin tins (makes 48 small). Cook in a 350°F preheated oven for 20-25 minutes until brown.

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**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](mailto:flax@natunola.com) \* [www.natunola.com](http://www.natunola.com)**