



## Omega-3 Flax Biscotti

1 cup sugar  
 $\frac{1}{2}$  cup butter, melted  
 $1\frac{1}{2}$  tsp. vanilla extract  
 $1\frac{1}{2}$  tsp. caramel extract  
1 tsp. rum extract  
3 eggs  
1 cup Natunola® health's delight  
**Shelled Flax Kernel**  
 $1\frac{1}{2}$  cups whole-wheat flour  
1 cup Natunola® health's delight  
**Shelled Flax Meal**  
 $1\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. cinnamon



Preheat oven to 350°F. Mix sugar with butter then add the vanilla, caramel and rum extracts. Blend in the eggs and Natunola® health's delight Shelled Flax Kernel. Mix well. Stir in the flour, Natunola® health's delight Shelled Flax Meal, baking powder, salt and cinnamon.

Form into a long loaf and place on a cookie sheet. Bake for 20 minutes (until firm and softly cake like). Remove from the oven and let cool.

When cool enough to handle, slice into  $\frac{1}{2}$  inch diagonal slices (cut in half if necessary) and turn on its side. Bake for 7 minutes, turn the slice over onto the other side and bake for an additional 7 minutes. Cool thoroughly and store in an airtight container. Yields approximately 2 dozen

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