



## Omega-3 Flax and Nut Brittle

2 cups sugar  
1 cup light corn syrup  
 $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  cup salted peanuts  
 $\frac{1}{2}$  cup coarsely chopped almonds  
 $\frac{1}{2}$  cup coarsely chopped pecans  
 $\frac{1}{2}$  cup Natunola® health's delight  
**Shelled Flax Kernel**  
 $\frac{1}{4}$  cup butter or margarine  
2 tsp. baking soda  
1  $\frac{1}{2}$  tsp vanilla or caramel extract



Butter the sides of a large heavy saucepan.

Add sugar, corn syrup and water. Bring to a boil, stirring constantly. Cook and stir over medium low heat until a candy thermometer reads 235°F or 115°C (soft ball stage).

Stir in nuts, Natunola® health's delight Shelled Flax Kernel and butter. Cook over medium heat to 300°F or 150°C (hard crack stage). Remove from heat.

Vigorously stir in baking soda and vanilla until blended. Quickly pour onto two greased baking sheets, spreading as thinly as possible with a metal spatula. Cool completely, break into pieces.

Store in an airtight container with wax paper between layers.

Yields 1  $\frac{3}{4}$  lbs.

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