



Omega-3 Ice Cream Sandwiches

1 - 400 gram package **Omega-3 Flaxseed Cookies**
ice cream, softened
1½ cups chocolate chips
¼ cup **Natunola® health's delight Shelled Flax Kernel**



Line a cookie sheet with tin foil. Scoop a generous amount of softened ice cream on bottom of one cookie (use your favourite ice cream flavour). Place another cookie on top. Press together gently then use a knife to trim the excess ice cream.

Place cookies on lined cookie sheet and place another sheet of tin foil gently on top. Place sheet in freezer for at least 2 hours - remove when ready to serve.

Melt chocolate chips (microwave 1 - 2 minutes stirring every 30 seconds). Dip half of the cookie sandwich in the melted chocolate then sprinkle with Natunola® health's delight Shelled Flax Kernel. Serve immediately.

Yields approximately 10 sandwiches.

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