



## Peanut Butter Flax Cookies

1 egg  
½ cup butter (or canola oil)  
1 cup peanut butter  
½ cup white sugar  
½ cup brown sugar  
2/3 cup Natunola® health's delight  
**Shelled Flax Meal**  
1 cup all-purpose flour  
½ tsp. baking soda  
1/2 cup Natunola® health's delight  
**Shelled Flax Kernel**



Cream together egg, butter, peanut butter and both sugars. Mix in Natunola® health's delight Shelled Flax Meal, all-purpose flour and baking soda. Mix well.

Stir in Natunola® health's delight Shelled Flax Kernel and roll mixture into balls. Place on a baking sheet and flatten with a fork.

Bake at 325°F for 15 - 20 minutes. Remove from baking sheet and allow to cool.

Yields approximately 2 ½ dozen cookies

---

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)