



Raisin Oatmeal Flax Cookies

- $\frac{1}{2}$ cup shortening
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup white sugar
- 2 eggs
- 1 tsp. vanilla
- $\frac{1}{4}$ tsp. salt
- 1 tsp. baking soda
- $\frac{1}{2}$ tsp. baking powder
- 2 cups flour
- 2 cups oatmeal
- $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Kernel**
- $1\frac{1}{2}$ cups raisins

Preheat oven to 350°F. Cream together the shortening, butter and both sugars. Add in the eggs and vanilla.

In a separate bowl, add together the salt, baking soda, baking powder, flour and oatmeal. Mix slowly into the creamed mixture. Add in the Natunola® health's delight Shelled Flax Kernel and the raisins. Stir just until mixed.

Place a small amount of dough on an ungreased cookie sheet and bake for 8 to 10 minutes.

Yields approximately 3 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 * www.natunola.com