



Omega-3 Flax Shortbread

1 pound butter, softened
1 cup icing sugar
 $\frac{1}{2}$ cup corn starch
3 cups flour
 $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Meal**



Whip the butter and icing sugar for 10 minutes at low speed. Beat in the corn starch.

Add in the flour and the Natunola® health's delight Shelled Flax Meal. Cool slightly if necessary.

Using a small ice cream scoop or two spoons, place a small amount of dough on a cookie sheet lined with parchment paper. Press flat with decorative item or fork dipped in flour.

Bake at 275°F for 20 - 23 minutes or until slightly browned.

Yields 4 - 5 dozen cookies

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