



Omega-3 Flax Taco Nibblers

- 2 packages crescent roll dough (8 oz./250 gram)
- 1 package cream cheese, softened (8 oz./250 gram)
- $\frac{1}{2}$ package taco seasoning mix
- 2 tomatoes, seeded and chopped
- 1 small green pepper, chopped
- $\frac{1}{2}$ small red onion, finely chopped
- $\frac{1}{4}$ cup **Natunola® health's delight Shelled Flax Kernel**

Separate the crescent roll dough into rectangles and spread to fill a large baking sheet. Press the perforations firmly to seal. Bake in preheated oven at 375°F for 10 - 12 minutes. Let cool.

Mix together cream cheese and taco seasoning mix. Spread mixture over crescent roll dough and top with remaining ingredients. Cut into 2" squares and serve.

Try different toppings for a variation of this recipe (chopped broccoli, green onions, red peppers, salsa, black olives, shredded cheese, etc.)

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