



Zucchini Flax Bars

- $\frac{3}{4}$ cup butter, softened
- $\frac{1}{2}$ cup brown sugar, firmly packed
- $\frac{1}{2}$ cup sugar
- 2 eggs
- 1 tsp. vanilla
- 1 $\frac{1}{4}$ cups flour
- $\frac{3}{4}$ cup **Natunola® health's delight Shelled Flax Meal**
- 1 $\frac{1}{2}$ tsp. baking powder
- 1 $\frac{1}{2}$ tsp. cinnamon
- 2 cups grated raw zucchini (leave peel on)
- 1 cup coconut
- 1 cup chopped walnuts
- $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Kernel**

Cream together butter and both sugars until fluffy. Add eggs, one at a time and vanilla until creamy. Sift together flour, Natunola® health's delight Shelled Flax Meal, baking powder and cinnamon. Add to the creamy mixture. Stir in grated zucchini, coconut and walnuts. Spread evenly in well greased 10" x 15" pan. Sprinkle Natunola® health's delight Shelled Flax Kernel on top.

Bake at 350°F for 38 - 42 minutes. Test with a toothpick to see if cooked through. Frost while still warm.

Cinnamon Frosting:

- 1 cup powdered sugar
- $\frac{1}{2}$ tsp. cinnamon
- 1 $\frac{1}{2}$ tsp. butter, melted
- 1 tsp. vanilla
- 1 $\frac{1}{2}$ tbs. milk

Mix all ingredients together, adding more milk if necessary and spread on bars.

Yields approximately 24 servings

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