



## **FLAX CAKE**

Compliments of Mary Jo Beninger, Proprietor/Chef, Nona Maria's Restaurant

### **Ingredients:**

1/3 Cup Mega Omega® or Simply Omega-3

1 lb. brown sugar

2 t cinnamon

3 cups flour

1 t baking soda

¼ t sea salt

Preheat oven to 350° F

Blend dry ingredients together in mixing bowl.

### **Add:**

1 cup olive oil

3 eggs

Put ¼ cup of Balsamic vinegar into a 1 cup measuring cup and fill to 1 cup with Pellegrino water. Beat in power mixer. Spray a 9 x 13 pan and pour batter into pan. Chop ½ cup of walnuts, covering the batter and bake for 40 minutes.