

Cracked Pepper and Flax Cheeseballs

8 oz.	light cream cheese	250	g
1 tsp.	cracked black pepper or coarsely ground pepper	5	mL
1 tsp.	salt free herb and spice seasoning	5	mL
2 tbsp.	flaxseed	30	mL

- In a medium-sized bowl, mix together cream cheese, pepper and seasoning with a fork until blended.
- Divide into two balls.
- In a small bowl, put 1 tbsp. (15 mL) flaxseed, put in one cheeseball, turning to coat all sides with seeds. Repeat with other ball.
- Wrap with plastic wrap, refrigerate two hours.
- Serve with crackers and vegetables.

Yield: 2 cheeseballs (1 cup/250 mL each or 50 servings each)

Serving Size: 1 tsp. (10 mL) per cracker

Single Serving Nutrient Values

Calories	14
Protein	0.6 g
Carbohydrates	0.6 g
Fiber	0.1 g
Fat	1 g
Polyunsaturates	0.1 g
Monounsaturates	0 g
Saturates	0.6 g
Cholesterol	2.3 mg
Sodium	24 mg
Potassium	34 mg
Folate	2 mcg