

## Seedy Cheese Ball

This recipe is a slightly modified version of the original, which came from the Flax Council of Canada.

Yield: 8 servings (about 2 tablespoons each)

### Ingredients:

- 1 8-ounce package Neufchatel cheese
- 1 teaspoon salt-free lemon pepper
- ½ teaspoon onion powder
- ½ teaspoon dried thyme, crumbled
- ¼ teaspoon hot pepper sauce (or to taste)
- 3 tablespoons flaxseed

### Procedure:

In a medium-size bowl, mix together the Neufchatel, lemon pepper, onion powder, thyme and pepper sauce. Shape into a ball. Place flaxseed in a small bowl or spread out on wax paper. Roll cheese ball around in flaxseed so all sides are coated. Discard any leftover flaxseed. Wrap cheese ball with plastic wrap and refrigerate two hours before serving.

about 100 calories  
and 8 grams of  
fat per serving  
with Neufchatel  
cheese

**Neufchatel is a type of cream cheese with one-third less fat than regular cream cheese. By comparison, regular cream cheese contains about 30 calories more per ounce than “light” varieties of cream cheese.**

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