

FIT

FLIK Savory Lentil, Pecan Trail Mix

Portion Size: 1/4 cup

Recipe Yield: 10

Lentils, Dry	1/4 lb.
Dried Mangos Slices, Unsweetened	3 oz
Pumpkin Seeds, Hulled	3 oz
Pecan Halves	3 oz
Cajun Bayou Seasoning	1/2 TBSP

1. Cover lentils with water in a pot and cook until al dente. Note: Do not allow lentils to split.
2. Drain lentils and spread evenly on parchment lined sheet tray, bake in a 375°F oven for 15-20 minutes or until very crisp. Stir occasionally.
3. Cut dried mango into strips.
4. While lentils are still warm, toss together with mango, pumpkin seeds, pecans, and Cajun seasoning.

Nutrition Info (per serving):

Cal:180; Total Fat: 10g; Sat Fat: 1g; Sodium: 40mg; Carbs: 18g; Protein: 6g; Fiber: 3g; Sugar: 7g

Food by FLIK

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FLIK Crispy Sour Cream and Onion Chickpeas

Portion Size: 1/2 cup

Recipe Yield: 7

Garbanzo Beans (Chickpeas), Cooked	2 lb
Olive Oil	1 TBSP
FLIK Sour Cream and Onion Popcorn Seasoning	2 tsp

1. Toss chickpeas with oil. Lay flat on a sheet tray. Bake in a 400°F oven for 15-20 minutes (or until golden brown/crispy). SHAKE chickpeas every 5 minutes for even cooking.
2. Toss warm chickpeas with seasoning. Allow chickpeas to cool completely before packing for storage.

Nutrition Info (per serving):

Cal: 230; Total Fat: 5g; Sat Fat: <1g; Sodium: 190mg; Carbs: 36g; Protein: 12g; Fiber: 10g; Sugar: 7g

Food by FLIK

FLIK Spinach Hummus

Portion Size: ¼ cup

Recipe Yield: 15

Garbanzo Beans, Dry	10 oz	Sesame Paste (Tahini)	2 TBSP
Olive Oil	¾ tsp	Kosher Salt	¾ tsp
Garlic Cloves, Chopped	½ TBSP	Italian Parsley, Fresh, Chopped	1 TBSP
Baby Spinach	¾ cup	Ground Black Pepper	1/8 tsp
Lemon Juice	3 TBSP	Olive Oil	4 TBSP

1. Soak garbanzo beans (chickpeas) in water overnight. In a pot of rapidly boiling water, cook the chickpeas until very tender, drain and chill thoroughly.
2. Heat oil in a hot pan. Add garlic and sauté until sizzling and fragrant. Add spinach and sauté until wilted. Drain and cool.
3. Place chickpeas and spinach in a food processor with remaining ingredients and puree until smooth. Serve chilled.

Dietitian Note: Pair hummus with carrot sticks, cucumbers, cherry tomatoes, or broccoli florets

Nutrition Info (per serving):

Cal: 110; Total Fat: 5g; Sat Fat: <1g; Sodium: 120mg; Carbs: 12g; Protein: 4g; Fiber: 3g; Sugar: 2g

Food by FLIK

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FLIK Cranberry Pistachio Flaxseed Bites

Portion Size: 1 ea

Recipe Yield: 16

Pitted Dates, Chopped	½ lb.	Old Fashioned Oats, Dry	1 ½ cups
Honey	½ cup	Pistachios, Shelled, Chopped	1 cup
Ground Brown Flax Seeds	2 TBSP	Dried Cranberries	1 cup
Kosher Salt	1/8 tsp.	Shredded Coconut, Toasted	½ cup

1. Combine dates, honey, flax seeds, and salt in a food processor and combine until smooth.
2. Transfer the mixture to a large bowl, stir in the oats, pistachios, and dried cranberries until evenly combined. Use a 1.5 oz scoop to shape into balls and roll in toasted coconut.

Nutrition Info (per serving):

Cal: 190; Total Fat: 6g; Sat Fat: 2g; Sodium: 20mg; Carbs: 36g; Protein: 3g; Fiber: 4g; Sugar: 25g

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