HONEY GRANOLA BAR

WITH CHIA & SESAME SEEDS

Portion: 1 bar Yield: 16

Portion: 1 parfait

Yield: 1



INGREDIENTS:

4 1/4 cup	Oats, Old Fashioned, Dry	1/2 tsp	Vanilla Extract	
1 1/3 cup	Sunflower Seeds	1/4 cup	Chia Seeds	
1 cup	Raisins	1 tbps	Cardamom, Ground	
1/2 cup	Honey	2 sprays	Cooking Spray	
1/2 cup	Sugar, Light Brown			

METHOD:

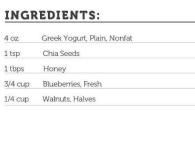
Preheat oven to 350F degrees. Place rolled oats and sunflower seeds on a pan and roast for 15- 20 minutes until golden brown and fragrant. Remove from oven and place into a bowl. Place half amount of raisins in a food processor until ground and sticky. Add all raisins to bowl with oat and seed mixture. Stir to combine evenly. Place brown sugar and honey into a pot and bring to a simmer, stir to melt the sugar. Remove from heat and add vanilla extract. While still hot, pour into the bowl with the oats and add chia seeds and cardamom. Stir until well combined, using a spatula. Spray a 9" x 13" pan with oil to prevent sticking and pour the granola mixture into the pan. Press firmly to smooth out and even the top. Using a piece of parchment paper in between your hands and the granola is helpful. When cooled, flip out the granola onto a cutting board and cut into 2 oz squares.

CALORIES (kcal): 250 PROTEIN (g): 6 CARBOHYDRATE (g): 41 TOTAL FAT (g): 8 SODIUM (mg): 5 SAT FAT (g): 1

DIETARY FIBER (g): 5

BLUEBERRY POWER PARFAIT

WITH CHIA SEEDS AND WALNUTS



CALORIES (kcal): 410 PROTEIN (g): 18 CARBOHYDRATE (g): 44 TOTAL FAT (g): 21 SODIUM (mg): 45 SAT FAT (g): 2 DIETARY FIBER (g): 6

4 oz	Greek Yogurt, Plain, Nonfat	
1 tsp	Chia Seeds	
1 tbps	Honey	
3/4 cup	Blueberries, Fresh	
1/4 cup	Walnuts, Halves	

METHOD:

Stir 1 tsp chia seeds into yogut and place in parfait cup. Drizzle 1 tbsp honey on top of yogurt and place blueberries on top.

Roast walnuts until fragrant (about 15 minutes in a 350F degree oven) and cool.

If eating immediately, stir cooled walnuts into yogurt. If preparing ahead, pack walnuts separately and add right before eating.

Chef's Note: Recipe can be made with other seasonally available fruit.

CHIA LEMON

ICED TEA

Black tea flavored with lemon and lightly sweetened with chia seeds

Portion: 2 cups Yields: 6



CALORIES: 70
TOTAL FAT (g): 2.5
SATURATED FAT (g): 0
TOTAL CARB (g): 13
PROTEIN (g): 1
DIETARY FIBER (g): 3
SODIUM (mg): 15

INGREDIENTS:

6 cups	Hot Water	6 Tbsp	Fresh Lemon Juice	
6 each	Black Tea Bag	3 Tbsp	Chia Seeds	
1/4 cup	Granulated Sugar	8 cups	Ice Cubes	

METHOD:

Brew tea in hot water for 3-4 minutes. Remove bags and add sugar; stir to dissolve. When cool, add fresh lemon juice and chia seeds. Stir before pouring to ensure even distribution of chia seeds.

CHEF'S NOTES:

Garnish with lemon slices.

RED, WHITE & BLUE PARFAIT

WITH CHIA SEEDS AND ALMONDS

SUPERFOOD

Portion: 1 parfait

Yield: 1



CALORIES (kcal): 270
PROTEIN (g): 12
CARBOHYDRATE (g): 30
TOTAL FAT (g): 11
SODIUM (mg): 90
SAT FAT (g): 1

DIETARY FIBER (g): 7

INGREDIENTS:

Strawberries, Fresh, Quartered	4 oz	Plain, Nonfat Yogurt	
Grand Marnier Liquor	2 tsp	Chia Seeds	
Orange Juice	1/4 cup	Blueberries, Fresh	
Sugar, Granulated	1 tbsp	Almonds, Sliced, Toasted	
	Grand Mamier Liquor Orange Juice	Grand Mamier Liquor 2 tsp Orange Juice 1/4 cup	Grand Mamier Liquor 2 tsp Chia Seeds Orange Juice 1/4 cup Blueberries, Fresh

METHOD:

Place strawberries in a bowl and add the Grand Marnier, orange juice and sugar. Stir and let sit for 5 minutes. Mix together yogurt and chia seeds.

Layer in 1/2 of yogurt, macerated strawberries, then other half of yogurt and blueberries.

If eating immediately, top with almonds, If preparing ahead, pack almonds separately and add right before eating.

Chef's Note: Recipe can be made with other seasonally available fruit.