

HONEY GRANOLA BAR

WITH CHIA & SESAME SEEDS

Portion: 1 bar

Yield: 16



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

Portion: 1 parfait

Yield: 1



INGREDIENTS:

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 yogurt and place in parfait cup. Drizzle 1 tbps 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.

CALORIES (kcal): 410

PROTEIN (g): 18

CARBOHYDRATE (g): 44

TOTAL FAT (g): 21

SODIUM (mg): 45

SAT FAT (g): 2

DIETARY FIBER (g): 6

CHIA LEMON ICED TEA

Portion: 2 cups
Yields: 6

Black tea flavored with lemon and lightly sweetened with chia seeds



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.

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

CHEF'S NOTES:

Garnish with lemon slices.

RED, WHITE & BLUE PARFAIT WITH CHIA SEEDS AND ALMONDS

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:

1/3 cup	Strawberries, Fresh, Quartered	4 oz	Plain, Nonfat Yogurt
1 tsp	Grand Marnier Liqueur	2 tsp	Chia Seeds
1 tbsps	Orange Juice	1/4 cup	Blueberries, Fresh
1 tbsps	Sugar, Granulated	1 tbsps	Almonds, Sliced, Toasted

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.