



# FLIK Oat, Sunbutter, Strawberry Thumbprint Cookies

Portion Size: 1 cookie  
Recipe Yield: 13

Old Fashioned Rolled Oats	2 cups	Kosher Salt	1 tsp.
Banana, Fresh, Mashed	9 oz.	Strawberry Preserves	4 ½ TBSP
Brown Flax Seeds, Ground	3 TBSP	Sunflower SunButter Spread	4 ½ TBSP
Cinnamon, Ground	1 tsp.		

1. In a bowl combine oats, mashed banana, ground flax, cinnamon, and salt.
2. Use a spoon or scoop to portion cookies onto a parchment lined sheet tray.
3. Make thumbprints in the center of each cookie. Place 1 tsp. of preserves in each imprint and bake in a 350°F oven until cookies are firm on the outside, about 7 minutes.
4. Place SunButter in a piping bag and drizzle 1 tsp. onto each cookie.

Nutrition Info (per serving):

Cal: 130; Total Fat: 7g; Sat Fat: <1g; Sodium: 40mg; Carbs: 20g; Protein: 3g; Fiber: 3g; Sugar: 7g

Food by FLIK



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## FLIK Whole Wheat Sesame Cookies

Portion Size: 1  
Recipe Yield: 13

Whole Wheat Flour	7 oz.	Boiling Water	1/3 cup
Baking Soda	½ tsp.	Canola Oil	4 TBSP
Kosher Salt	1/8 tsp.	Sesame Tahini Paste	4 TBSP
Dates, Pitted, Chopped	3 oz.	Sesame Seeds	1/3 cup

1. In a bowl, whisk together flour, baking soda, and salt. Set aside.
2. Place dates in a bowl. Pour boiling water over dates and cover with plastic wrap. Allow dates to soak for 10 minutes.
3. Place dates and water in a high powered blender. Blend until mostly smooth. Add oil, and tahini. Blend until smooth.
4. Place date/oil mixture in a bowl. Use a rubber spatula to mix flour mixture into wet ingredients. Once evenly mixed, use a spoon to portion cookies into 1.25 oz. wt. balls.
5. Place sesame seeds in a bowl. Roll dough balls in sesame seeds to coat them evenly.
6. Place sesame seed-coated dough balls onto parchment lined sheet trays. Bake in a 325°F oven for 8-10 minutes, or until cooked through. Cookies may crack slightly.

Nutrition Info (per serving):

Cal: 155; Total Fat: 9g; Sat Fat: 1g; Sodium: 75mg; Carbs: 17g; Protein: 4g; Fiber: 3g; Sugar: 4g

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Portion Size: 1  
Recipe Yield: 13

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Baking Soda	½ tsp.	Canola Oil	4 TBSP
Kosher Salt	1/8 tsp.	Sesame Tahini Paste	4 TBSP
Dates, Pitted, Chopped	3 oz.	Sesame Seeds	1/3 cup

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## FLIK Sweet Potato Chocolate Pudding

Portion Size: ½ cup

Recipe Yield: 8

Sweet Potatoes	1½ lb	Cocoa Powder	¼ cup
Chia Seeds	2 TBSP	Vanilla Extract	1 tsp.
Soy Milk	3 cups		

1. Wrap sweet potatoes in foil and place them on sheet trays. Roast sweet potatoes in a 350F degree oven until very tender. Cut potatoes in half. Scrape flesh from sweet potatoes and save. Discard skins.
2. Grind chia seeds in a blender. Next combine all ingredients in a blender. Puree until very smooth.
3. Measure out 1/2 cup portions of sweet potato pudding mixture into serving cups. Cover and allow pudding to set in refrigerator for 1-2 hours, or until chilled and set.

Nutrition Info (per serving):

Cal: 150; Total Fat: 3g; Sat Fat: <1g; Sodium: 80mg; Carbs: 26g; Protein: 6g; Fiber: 5.5g; Sugar: 9g

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## FLIK Sweet Potato Chocolate Pudding

Portion Size: ½ cup

Recipe Yield: 8

Sweet Potatoes	1½ lb	Cocoa Powder	¼ cup
Chia Seeds	2 TBSP	Vanilla Extract	1 tsp.
Soy Milk	3 cups		

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# FLIK Whole Wheat Walnut Carrot Cake Squares

Portion Size: 1 square  
Recipe Yield: 24

Dates, Pitted, Chopped	6 oz.	Whole Wheat Flour	12.5 oz.
Canola Oil	1 cup	All Purpose Flour	7.5 oz.
Banana, Fresh, Mashed	1-1/4 lb	Baking Powder	1 ½ TBSP
Carrots, Grated	¾ lb	Cinnamon, Ground	3 TBSP
Plain Greek Yogurt, Fat Free	8 oz.	Walnut Pieces, Chopped	2 oz.
Eggs, Large, Beaten	4	Oil Cooking Spray	12 sprays

1. In a food processor, combine dates and oil. Process until smooth.
2. In a bowl, stir together date/oil mixture, bananas, carrots, yogurt, and eggs until evenly mixed.
3. In a separate bowl, mix flours, baking powder, cinnamon, and walnuts. Add wet ingredients to dry and stir just until evenly mixed.
4. Prepare sheet tray or baking dish with pan spray. Pour batter and spread evenly using a spatula.
5. Bake in a 350°F oven until cooked through, about 25-30 minutes.
6. Allow to cool completely. Cut into 24 even squares.

Nutrition Info (per serving):

Cal: 245; Total Fat: 12g; Sat Fat: 1g; Sodium: 116mg; Carbs: 31g; Protein: 6g; Fiber: 4g; Sugar: 9g

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Canola Oil	1 cup	All Purpose Flour	7.5 oz.
Banana, Fresh, Mashed	1-1/4 lb	Baking Powder	1 ½ TBSP
Carrots, Grated	¾ lb	Cinnamon, Ground	3 TBSP
Plain Greek Yogurt, Fat Free	8 oz.	Walnut Pieces, Chopped	2 oz.
Eggs, Large, Beaten	4	Oil Cooking Spray	12 sprays

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