

FLIK Blueberry Chia Seed Jam

Portion Size: 1 TBSP

Recipe Yield: 14

Fresh Blueberries	1-1/2 cup
Fresh Lemon Juice	2 TBSP
Grated Lemon Zest	1 tsp
Pure Maple Syrup	1-1/2 TBSP
Chia Seeds	2 TBSP

1. In a pot combine blueberries, lemon juice, lemon zest, and maple syrup. Cook over medium heat until all blueberries have burst. Puree jam with immersion blender.
2. Add chia seeds to jam and return to heat. Simmer for 1 more minute or just until chia seeds have softened. Chill.

Nutrition Info (per serving):

Cal: 25; Total Fat: <1g; Sat Fat: <1g; Sodium: <1mg; Carbs: 5g; Protein: <1g; Fiber: 1g; Sugar: 3g

Food by FLIK

FLIK Apple Butter

Portion Size: 1 TBSP

Recipe Yield: 9

Granny Smith Apple	12 oz
Ground Cinnamon	1/2 tsp
Ginger Root, Minced	1/4 tsp
Ground Cloves	1/8 tsp
Water	2 TBSP

1. Core and peel Granny Smith apples.
2. Steam apples for about 8 minutes or until very soft.
3. Puree softened apples in a blender with cinnamon, ginger, cloves, and water until smooth. Simmer apple mixture, stirring frequently, until very thick and medium brown, about an hour.

Nutrition Info (per serving):

Cal: 18; Total Fat: <1g; Sat Fat: 0g; Sodium: <1mg; Carbs: 5g; Protein: <1g; Fiber: <1g; Sugar: 4g

Food by FLIK

FLIK Cranberry Walnut Bread

Portion Size: 1 slice (2 oz wt)

Recipe Yield: 18

Cooking Spray	as needed	Baking Soda	1/2 tsp	Pure Vanilla Extract	1 tsp
Whole Wheat Flour	8 oz	Egg, Beaten	2 ea	Orange Zest	1 tsp
All Purpose Flour	5 oz	Fat Free Buttermilk	1 cup	Cranberries, Frozen	2 cup
Baking Powder	1/2 TBSP	Butter, Melted	3 TBSP	Walnut Halves &	1/2 cup
Ground Cinnamon	1 tsp	Canola Oil	2 TBSP	Pieces, Chopped	

1. Prepare a loaf pan with pan spray. Set aside.
2. In a bowl, mix together whole wheat flour, AP flour, baking powder, cinnamon, and baking soda.
3. In separate bowl, whisk together eggs, fat free buttermilk, butter, oil, vanilla, and orange zest. Mix wet ingredients into dry and stir just until combined.
4. Chop cranberries. Stir cranberries and walnuts into batter. Pour batter into prepared loaf pan. Bake at 325°F for 40-60 minutes or until cooked through. Allow to cool completely before slicing.

Nutrition Info (per serving):

Cal: 143; Total Fat: 7g; Sat Fat: 2g; Sodium: 124mg; Carbs: 18g; Protein: 4g; Fiber: 2g; Sugar: 1g

Food by FLIK



FLIK Sweet Potato Pecan Bread

Portion Size: 1 slice (2 oz wt) Recipe Yield: 16

Sweet Potato	12 oz	Baking Soda	1/2 tsp	Eggs, Beaten	2 ea
All Purpose Flour	5 oz	Kosher Salt	1/8 tsp	Pure Vanilla Extract	1 tsp
Whole Wheat Flour	5 oz	Ground Cinnamon	1 tsp	Unsweetened Applesauce	1/2 cup
Granulated Sugar	4-1/2 oz	Ground Cloves	1/4 tsp	Skim Milk	1/2 cup
Light Brown Sugar	2 TBSP	Ground Nutmeg	1/4 tsp	Cooking Spray	as needed
Baking Powder	1-1/4 tsp	Pecan Nuts, Pieces	3 oz		

1. Wrap sweet potatoes in foil. Bake in a 350°F oven until potato is soft, about an hour. Allow potatoes to cool. Scrape flesh from potato and mash. Discard peel.
2. In a bowl, mix together flour, whole wheat flour, sugar, brown sugar, baking powder, baking soda, salt, cinnamon, cloves, nutmeg, and pecans.
3. In a separate bowl, whisk together eggs, vanilla, applesauce, and milk. Mix in mashed sweet potatoes. Add wet ingredients to dry. Whisk just until evenly mixed.
4. Prepare a loaf pan with oil spray. Pour batter into prepared pan and level top with a spatula. Bake in a 350°F oven (with low fan) for 30-40 minutes, or until cooked through. Allow bread to cool before slicing.

Nutrition Info (per serving):

Cal: 148; Total Fat: 4g; Sat Fat: <1g; Sodium: 101mg; Carbs: 25g; Protein: 3g; Fiber: 2g; Sugar: 11g

Food by FLIK

FLIK Whole Grain Cornbread

Portion Size: 1 piece

Recipe Yield: 24 servings

Yellow Cornmeal, Plain	14 oz	Egg, Beaten	2 ea
Whole Wheat Flour	8 oz	Fat Free Buttermilk	2-1/2 cup
Granulated Sugar	1/3 cup	Canola Oil	1/4 cup
Baking Powder	2 tsp	Cooking Spray	as needed
Baking Soda	1 tsp		

1. In a bowl, whisk together cornmeal, whole wheat flour, sugar, baking powder, and baking soda.
2. In a separate bowl, whisk together eggs, fat free buttermilk, and oil. Add wet ingredients to dry, whisk just until combined.
3. Prepare a sheet tray with pan spray.
4. Pour batter into prepared sheet tray. Bake cornbread for 25-30 minutes in a 350°F oven for 25-30 minutes. Allow to cool. Cut sheet tray 4 x 6 into 24 even pieces.

Nutrition Info (per serving):

Cal: 142; Total Fat: 3g; Sat Fat: <1g; Sodium: 148mg; Carbs: 24g; Protein: 4g; Fiber: 2g; Sugar: 5g

Food by FLIK

FLIK Whole Wheat Gingerbread

Portion Size: 1 slice

Recipe Yield: 24

All Purpose Flour	1 lb	Egg, Beaten	4 ea	Unsweetened Applesauce	1/4 cup
Whole Wheat Flour	9 oz	Canola Oil	3/4 cup	Baking Soda	1 TBSP, 1 tsp
Ground Cinnamon	2 tsp	Ginger Root, Minced	6 oz	Boiling Water	2 cup
Light Brown Sugar	8 oz	Fat Free Buttermilk	1 cup	Cooking Spray	as needed
Dark Molasses	1/2 cup				

1. In a bowl, mix together AP flour, whole wheat flour, and cinnamon.
2. In a separate bowl whisk together brown sugar, molasses, eggs, oil, ginger, fat free buttermilk and unsweetened applesauce. Mix dry ingredients into wet, just until combined.
3. Dissolve baking soda in boiling water. Allow water to cool to 100°F or less. Mix baking soda/water solution into cake batter, stirring in 1/3 of the water at a time.
4. Prepare sheet pan with pan spray. Pour batter into sheet tray. Bake gingerbread at 325°F (low fan) for 20-26 minutes, or until done. Allow bread to cool completely, then slice sheet tray 4 x 6 into 24 even pieces.

Nutrition Info (per serving):

Cal: 246; Total Fat: 8g; Sat Fat: <1g; Sodium: 248mg; Carbs: 40g; Protein: 5g; Fiber: 2g; Sugar: 15g

Food by FLIK