



FLIK Spicy Black Bean Cocoa Soup

Portion Size: 1 cup

Recipe Yield: 16

Black Beans, Dry	1.5 lbs.	Jalapeno Pepper, Fresh, Diced	1.5 oz	Baking Cocoa	¼ cup
Water	4 qts	Garlic, Peeled, Chopped	1TBSP	Lime Juice	¼ cup
Olive Oil	1.5 TBSP	Cumin, Ground	1 TBSP	Hot Sauce	2 TBSP
Onions, Chopped	1 lbs.	Bay Leaf	2 ea	Salt	1 TBSP
Bell Pepper, Green, Chopped	7 oz	Sugar, Granulated	¼ cup	Cilantro, Fresh, Chopped	½ cup

1. Soak dry beans in water overnight.
2. Add all soaking water and beans to a pot and simmer until tender. Set aside.
3. In a sauté pan, heat oil and sweat onions, bell pepper, and jalapeno until softened. Add garlic and cook until fragrant.
4. Add cooked vegetables to pot with beans and water. Add cumin and bay leaves. Allow soup to simmer for about 15 minutes.
5. Stir in sugar, cocoa, lime juice, hot sauce, and salt.
6. Remove bay leaves. Use an immersion or regular blender to puree soup. Stir in cilantro.

Nutrition Info (per serving):

Cal: 180; Total Fat: 2g; Sat Fat: <1g; Sodium: 465mg; Carbs: 33g; Protein: 10g; Fiber: 8g; Sugar: 4.5g

Food by FLIK

FLIK Chocolate, Raspberry, Coconut Chia Pudding

Portion Size: 1 serving

Recipe Yield: 8

Dates, Pitted, Chopped	3 ½ oz.	Agave Nectar	5 TBSP
Boiling Water	1 ½ cups	Vanilla Extract	½ tsp.
Soy Milk, Plain	2 ¾ cups	Salt	¼ tsp.
Chia Seeds	4 oz.	Shredded Coconut, Unsweetened	½ cup
Cocoa Powder, Unsweetened	5 TBSP	Raspberries, Fresh	1 cup

1. Place dates in a large bowl. Pour boiling water over dates and allow to sit for about 10 minutes. Discard excess water.
2. Combine soy milk, chia seeds, cocoa powder, agave, vanilla, salt, and dates in a high speed blender. Blend until smooth.
3. Place pudding in refrigerator and allow to set for at least 3 hours or overnight. Blend pudding again if not smooth.
4. Place unsweetened coconut on a sheet tray and toast in a 350F oven for about 8-10 minutes until golden brown.
5. For each portion scoop ½ cup of pudding into a cup. Top with 2 TBSP raspberries and 1 TBSP coconut.

Nutrition Info (per serving):

Cal: 220; Total Fat: 9g; Sat Fat: 3g; Sodium: 105mg; Carbs: 33g; Protein: 6.5g; Fiber: 10g; Sugar: 19g

Food by FLIK



FLIK Chocolate Brownie Cookies

Portion Size: 1 each

Recipe Yield: 26

Powdered Sugar	3 cups	Baking Powder	½ tsp
Baking Cocoa	¾ cup	Egg Whites	2 each
Salt	¾ tsp	Eggs, Whole	1 each
Bittersweet Chocolate Chips	4 oz	Non-stick Cooking Spray	as needed

1. In a bowl combine powdered sugar, cocoa powder, salt, chocolate chips, and baking powder. Stir to combined. Add eggs and mix until evenly distributed.
2. Refrigerate dough for at least 1 hour before baking.
3. Spray a parchment lined baking sheet. Using a tablespoon scoop and drop cookies 2" apart on prepared baking sheet (cookies spread quite a bit while baking).
4. Bake in a 350° oven for ~8-10 minutes or until cookies crack on top and start to spread. Allow to cool before enjoying.

Nutrition Info (per serving):

Cal: 90; Total Fat: 3g; Sat Fat: 1.5g; Sodium: 86mg; Carbs: 16g; Protein: 1g; Fiber: 1g; Sugar: 14g

Food by FLIK



FLIK Oatmeal Dark Chocolate Chip Cookies

Portion Size: 2 each

Recipe Yield: 24

Brown Sugar, Light	¾ cup	Baking Soda	2 tsp
Applesauce, Unsweetened	1 ¼ cup	Oats, Dry, Old Fashioned	2.5 cups
Canola Oil	2 TBSP	Cinnamon, Ground	1 tsp
Egg Whites	2 ea	Dark Chocolate Chips	1 cup
Flour, All-Purpose	½ lb		

1. In a bowl mix together brown sugar, applesauce, oil and egg whites until combined.
2. In a separate bowl combine flour, baking soda, oats and cinnamon.
3. Add dry mixture to wet stirring just until combined. Fold in chocolate chips.
4. Scoop rounded tablespoonful's onto parchment lined baking sheet.
5. Bake in a 325° oven until golden brown.

Nutrition Info (per serving):

Cal: 140; Total Fat: 4g; Sat Fat: 1.5g; Sodium: 110mg; Carbs: 26g; Protein: 3g; Fiber: 2g; Sugar: 11g

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