

Mixed Berry Chia Jam Toast, Ricotta, Sunflower Seeds **FIT**

Portion Size: 1 each

Yield: 4 servings



Mixed Berry Chia Seed Jam

Water	1/2 cup
Blueberries	1 1/2 cup
Lemon Zest, grated	3 TBSP
Lemon Juice	1 TBSP
Pure Maple Syrup	1/3 cup
Raspberries	1 1/2 cup

Strawberries, halved	1 1/2 cup
Chia Seeds	3 TBSP

Toast

Part Skim Ricotta	1/2 cup
Sunflower Seeds	4 tbsps
Multigrain Bread, sliced	4 slices

1. In a pot combine water, blueberries, lemon zest, lemon juice, maple syrup, raspberries and strawberries. Cook over medium heat until berries let out their juices. Puree fruit with blender. Add chia seeds to jam and return to heat. Simmer for 1 more minute or just until chia seeds have softened. Chill.
2. Toast Bread. Top each slice with 2 tbsps jam, 2 tbsps ricotta, and 1 tbsps sunflower seeds.

Note: Recipe will produce extra jam.

Nutrition Info (per serving): Cal: 230, Total Fat: 8g, Sat Fat: 2g, Sodium: 215mg, Carbs: 32g, Protein: 9g, Sugar: 8g, Fiber: 4g

Food by FLIK

Grilled Scallion, Farro, Mint Salad, Lemon-Miso Dressing **FIT**

Portion Size: 1/2 cup

Yield: 10 servings



Farro, Cooked	1 lb.
Lemon Juice	2 TBSP
Lemon Zest	1 tsp
Canola Oil	2 TBSP
White Miso Paste	1 TBSP
Black Pepper, Ground	1/2 tsp
Non Stick Cooking Spray	as needed
Scallions, Green Onions	1/2 lb.
Mint, Fresh, Chopped	1/4 cup
Edamame, Shelled	1 cup
Carrots, Julienned	1 cup

1. Prepare farro according to package instructions. Cool.
2. In a bowl, mix together lemon juice, lemon zest, oil, miso paste and black pepper until combined. Set aside.
3. Preheat grill. Coat grill with non-stick cooking spray. Cook scallions until charred and soft. Let cool. Remove the roots and slice into 1" pieces.
4. In a bowl, mix farro, scallions, mint, edamame, carrots, and lemon-miso dressing.

Nutrition Info (1/2 cup salad): Cal: 110, Total Fat: 4g, Sat Fat: 0g, Sodium: 80mg, Carbs: 14g, Protein: 4g, Sugar: 1g, Fiber: 3g

Food by FLIK

CHOCOLATE CHIA AVOCADO PUDDING **FIT**

Portion Size: ½ cup Yield: 8 servings



Avocado	20 oz
Maple Syrup, 100% pure	2/3 cup
Cocoa, baking	1/2 cup
Chia Seeds	2 tsp
Soy Milk, plain	1/2 cup
Vanilla Extract, pure	1 tsp
Greek Yogurt, plain, fat free	4 oz

1. Cut avocados in half, discard pits. Scoop flesh from avocados.
2. Combine all ingredients in a blender. Blend until smooth.
3. Portion pudding into serving dish/dishes. Allow to sit in refrigerator for 30 minutes to allow chia seeds to thicken.

Nutrition Info: Cal: 190, Total Fat: 9g, Sat Fat: 1.5g, Sodium: 20mg, Carbs: 27g, Protein: 4g, Sugar: 18g, Fiber: 6g

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