



FLIK Whole Wheat Zucchini Brownies

Portion Size: 1 brownie Recipe Yield: 24

Oil, Canola	2/3 cup	Salt, Kosher	1/2 tsp
Egg, Fresh	2 each	Baking Powder	2 tsp
Honey	2/3 cup	Cinnamon, Ground	1/2 tsp
Vanilla Extract, Pure	1 tsp	Zucchini, Fresh, Grated	1 lb
Flour, Whole Wheat	2 1/4 cup	Chocolate Chips, Dark, 66% Cacao	7 1/2 oz
Cocoa, Baking	1/2 cup	Oil, Cooking Spray	as needed

1. In a bowl, stir to combine oil, eggs, honey, and vanilla.
2. In a separate bowl mix together whole wheat flour, cocoa powder, salt, baking powder, and cinnamon. Create a well in the center of the dry ingredients. Pour wet ingredients into well. Stir until combined. Fold in zucchini, and chocolate chips.
3. For every 24 portions use one, 1/2 sheet tray
4. Spray a half sheet tray with pan spray. Pour batter into pan and spread evenly. Bake at 350°F for 15-25 minutes or until cooked through. Allow to cool. Cut each 1/2 sheet tray 4x6 into 24 square brownies.

Nutrition Info (per serving): Cal: 183; Total Fat: 10g; Sat Fat: 2g; Sodium: 100mg; Carbs: 23g; Protein: 3g; Fiber: 3g

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FLIK Quinoa Almond Chocolate Cake

Portion Size: 1 piece Recipe Yield: 16

Quinoa, Cooked	2 cup	Sugar, Granulated	1 1/4 cup	Oil, Cooking Spray	as needed
Milk, Skim	1/3 cup	Baking Powder	1 1/4 tsp	Coca, Baking	4 tbsp
Vanilla Extract, Pure	1 tsp	Baking Soda	1/4 tsp	Butter, Melted	1 1/2 tbsp
Almond Extract, Pure	1/2 tsp	Flour, All Purpose	3/4 cup	Sugar, Powdered	1 cup
Applesauce, Unsweetened	3/4 cup	Cocoa, Baking	3/4 cup	Vanilla Extract, Pure	1/4 tsp
Oil, Canola	2 tbsp	Egg, Separated, White Only	4 each	Almond Extract, Pure	1/4 tsp
Egg, Separated, Yolk Only	4 each	Cream of Tartar	1/2 tsp	Water, Hot	2 tbsp

1. Prepare quinoa according to package directions.
2. In a blender, blend quinoa, milk, vanilla extract, almond extract, apple sauce, and oil until smooth. Add egg yolks and blend just until combined.
3. In a bowl stir together sugar, baking powder, baking soda, flour, and cocoa powder. Then stir in blended wet ingredient just to combine.
4. Beat egg whites until foamy. Add cream of tartar and continue beating until stiff peaks form. Gently fold egg whites into cake batter.
5. Spray 9" cake pan with pan spray. Pour cake batter into pan and bake at 325°F for 45 minutes to 1 hour or until cooked through. Cool cake completely.
6. Once cake is cooled, invert cake. In a bowl mix together cocoa powder, melted butter, powdered sugar, vanilla, almond extract, and hot water. Pour chocolate glaze over cake. Cut cake into 16 even pieces.

Nutrition Info (per serving): Cal: 200; Total Fat: 5g; Sat Fat: 2g; Sodium: 88mg; Carbs: 37g; Protein: 4g; Fiber: 3g

Food by FLIK



FLIK Whole Wheat Pear Upside Down Cake

Portion Size: 1 piece Recipe Yield: 16

Oil, Cooking Spray	as needed	Baking Powder	1 tsp
Sugar, Dark Brown	¼ cup	Cinnamon, Ground	1 tsp
Applesauce, Unsweetened	2 tbsp	Nutmeg, Ground	¼ tsp
Pears, Bartlett, Fresh, Cored, Sliced	2 cup	Egg, Fresh	2 each
Flour, Whole Wheat	1 ½ cup	Oil, Canola	½ cup
Sugar, Granulated	1 cup	Ginger Root, Fresh	2 tsp
Baking Soda	¾ tsp	Milk, Whole	½ cup

1. Spray 9" cake pan or spring-form pan with pan spray.
2. In a bowl, mix together brown sugar and applesauce, pour into spring-form pan. Place in a 325°F for 5 minutes. Remove from oven and stir to help dissolve sugar. Shingle pear slices on top of melted sugar in a decorative manner (this will be the presentation side of the cake). Set aside.
3. In a bowl, stir together whole wheat flour, sugar, baking soda, baking powder, cinnamon, and nutmeg.
4. Add eggs, oil, ginger root, and milk to dry ingredients and mix only until combined. Pour cake batter over sliced pears in pan. Bake in 325°F oven (with low fan) for about 45 minutes to 1 hour or until cooked through. Allow cake to cool. Invert cake and cut each cake into 16 pieces.

Nutrition Info (per serving): Cal: 185; Total Fat: 8g; Sat Fat: 1g; Sodium: 100mg; Carbs: 28g; Protein: 2.5g; Fiber: 2g

Food by FLIK



FLIK Whole Wheat Sesame Dark Chocolate Chip Cookies

Portion Size: 1 each Recipe Yield: 24

Butter, Unsalted	¼ cup	Whole Wheat Flour	1 cup
Tahini Paste	¼ cup	Baking Soda	½ tsp
Brown Sugar, Light	½ cup	Baking Powder	½ tsp
Sugar, Granulated	½ cup	Salt	½ tsp
Egg	1 each	Oats, Dry, Quick	1 cup
Vanilla Extract, Pure	1 tsp	Dark Chocolate Chips	½ cup
Milk (we used 1%)	1 TBSP		

1. Allow butter to come to room temperature.
2. In a mixer, cream together butter, tahini, brown sugar, and granulated sugar. Add egg, vanilla, and milk. Continue mixing until evenly combined.
3. In a separate bowl, mix together whole wheat flour, baking soda, baking powder, and salt. Add to wet ingredients, stirring just until combined. Stir in oats and chocolate chips.
4. Scoop by tablespoons onto a parchment lined baking sheet. Bake at 350°F for 10-12 minutes or just until golden brown on edges. Cool and enjoy.

Nutrition Info (per serving): Cal: 115; Total Fat: 5g; Sat Fat: 2g; Sodium: 90mg; Carbs: 17g; Protein: 2g; Fiber: 1g

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