

# 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

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# Black Bean Spread, Toast, Boiled Egg, Avocado FIT

Portion Size: 1 each

Yield: 8 servings



## Black Bean Spread

Black Beans, dry	2/3 cup
Canola Oil	1 TBSP
Yellow Onion, Diced	1/4 cup
Celery, Diced	1/4 cup
Cumin	1 1/4 tsp
Paprika	1 1/4 tsp
Canned, Diced Tomatoes	1/3 cup
Cumin	1/2 tsp
Salt	1/2 tsp
Lime Juice	4 tsp

Vegetable Stock	1/2 cup
Chipotle Peppers	1 TBSP

## Toast

Avocado, sliced	1 pound
Lime Juice	2 tbsps
Salt	1/2 tsp
Black Pepper	1/8 tsp
Cayenne Pepper	1/8 tsp
Hard Boiled Egg, sliced	8 each
Multigrain Bread, sliced	8 sliced

1. Soak black beans overnight, cover and cook in simmering water until tender, drain (canned beans can be used).
2. Heat oil, add onions and celery. Cook for 5 minutes over medium heat. Add cumin, paprika and tomatoes. Cook for another 10 minutes. Add cooked beans, salt, lime juice, water and vegetable stock. Simmer additional 30 minutes. In a food processor, combine beans (including liquid) and chipotle peppers. Blend until smooth.
3. Toss sliced avocado with remaining lime juice, salt, pepper, and cayenne.
4. Toast Multigrain bread. Top each slice with 2 tbsps of black bean spread, 1 sliced boiled egg and 4 slices of avocado.

Note: Recipe will produce extra bean spread.

Nutrition Info (per serving): Cal: 300, Total Fat: 15g, Sat Fat: 3g, Sodium: 440mg, Carbs: 30g, Protein: 12g, Sugar: 3g, Fiber: 7g

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