

FLIK Quinoa Sugar Thumbprint Cookie

Serving Size: 1 cookie Makes 20 servings



Ingredients:

½ cup	Canola Oil
½ cup	Light Brown Sugar
½ tsp	Pure Vanilla Extract
1 ea	Large Egg
2 TBSP	Orange Zest
2 cups	All-purpose Flour
¼ tsp	Kosher Salt
2 tsp	Baking Powder
2 cups	Quinoa, cooked, chilled
2/3 cup	Strawberry Preserves

Preparation:

1. Preheat oven to 325°F.
2. In a bowl, whisk together oil, brown sugar, vanilla, egg and orange zest.
3. In a separate bowl, whisk together flour, salt, baking powder and chilled cooked quinoa until evenly mixed.
4. Add the wet ingredients to the dry. Stir dough until combined and then use hands to work into a dough.
5. Allow dough to chill for 1 hour in the refrigerator.
6. Scoop 1 oz (2 TBSP) portions of dough into balls and place on a parchment lined sheet tray.
7. Bake cookies at 325°F for about 6 minutes (halfway).
8. Remove the cookies from the oven, press a tablespoon measuring spoon into the top of each cookie to form a thumbprint. Place ½ TBSP of strawberry preserves in each thumbprint.
9. Place cookies back in the oven and continue to bake for about 5 to 6 more minutes or until golden brown.

NUTRITION FACTS PER SERVING

calories	172
total fat (g)	6
saturated fat (g)	0.5
trans fat (g)	0
sodium (mg)	81
total carbohydrate (g)	27
dietary fiber (g)	1
sugar (g)	11
protein (g)	3



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