

MEXICAN QUINOA SALAD, PUMPKIN SEEDS, CILANTRO

Portion Size: ½ cup Yield: 10 servings



Nutrition Info: Cal: 253, Total Fat: 14g, Sat Fat: 2g, Sodium: 60mg, Carbs: 24g, Protein: 10g, Sugar: 0g, Fiber: 4g

Quinoa, dry	1-3/4 cup
Water	2-2/3 cup
Pumpkin Seeds, hulled	3/4 cup
Cilantro, fresh	2-1/2 oz
Garlic Cloves	3/4 oz
Jalapeno, chopped	1 oz
Kosher Salt	1/4 tsp
Cumin	1-1/2 tsp
Canola Oil	3 tbsp
Lime Juice	2-1/4 tsp
Red Bell Pepper, chopped	1/2 cup, 2 tbsp
Scallions, chopped	2/3 oz



1. Rinse quinoa to remove debris. Bring water to a boil, then add quinoa. Bring water back to a boil, reduce the heat to low, cover, and simmer for 15 minutes until all water has been absorbed. Remove from heat and let stand covered for 5 minutes. Chill.
2. Dry toast the pumpkin seeds in a large skillet until they begin to pop. Remove from heat.
3. Process toasted pumpkin seeds in a processor with cilantro, garlic, jalapenos, salt and cumin until all ingredients are well minced. Gradually add the oil and lime juice, processing until smooth.
4. Toss to combine pureed with chilled quinoa, bell peppers and scallions.

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CHOCOLATE CHIA AVOCADO PUDDING FIT

Portion Size: ½ cup Yield: 8 servings



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

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.

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