

SAVORY QUINOA, SEED, OAT GRANOLA FIT

Serving size: ¼ cup

Makes 18 servings

- 2 TBSP Maple Syrup
- 2 TBSP Dijon Mustard
- 5 TBSP Apple Cider Vinegar
- 2 TBSP Tahini Paste
- ¼ tsp Cayenne Pepper
- ½ tsp Kosher Salt
- ¼ tsp Black Pepper
- 1 cup Oats, dried
- 2/3 cup Quinoa, dried
- 1 cup Pumpkin Seeds
- ¼ cup Sesame Seeds
- ¼ cup Sunflower Seeds

Preparation:

1. Preheat oven to 325°F. Line a baking sheet with parchment paper and set aside.
2. In a bowl, whisk together maple syrup, Dijon mustard, apple cider vinegar, tahini, cayenne, salt and pepper.
3. Add oats, quinoa, pumpkin seeds, sesame seeds and sunflower seeds to bowl. Mix until evenly combined.
4. Evenly spread mixture on baking sheet. Bake for approximately 20-30 minutes, stirring every 10 minutes, or until golden brown. Remove from heat and allow to cool completely before serving.



Registered Dietitian Approved!



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NUTRITION FACTS PER SERVING

calories	150
total fat (g)	10
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	95
total carbohydrate (g)	12
dietary fiber (g)	2
sugar (g)	2
protein (g)	6

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CILANTRO LIME QUINOA SALAD, PUMPKIN SEEDS FIT

Serving size: ½ cup

Makes 10 servings

- 1 ¾ cups Quinoa, dry
- 2 2/3 cups Water
- ¾ cup Pumpkin Seeds
- 2 cups Cilantro
- 4 each Garlic Cloves, peeled
- 1/3 cup Jalapeno, chopped
- ¼ tsp Kosher Salt
- 1 ½ tsp Cumin
- 3 TBSP Canola Oil
- 2 tsp Lime Juice
- ½ cup Red Bell Peppers, chopped
- 3 TBSP Scallions, chopped

Preparation:

1. Rinse quinoa. Bring the water to a boil and add quinoa. Bring back to a boil then reduce the heat to low. Cover and simmer for approximately 15 minutes or until the water has been absorbed. Remove from heat and let sit covered for 5 minutes. Chill.
2. Heat a skillet over medium heat. Add the pumpkin seeds and dry toast until they begin to pop. Remove from heat and transfer to a food processor with cilantro, garlic, jalapeno, salt and cumin. Mix until all ingredients are well minced. Gradually add the oil and lime juice, processing until smooth.
3. Toss pureed mixture with the chilled quinoa, bell peppers and scallions until fully incorporated.



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NUTRITION FACTS PER SERVING

calories	250
total fat (g)	14
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	60
total carbohydrate (g)	24
dietary fiber (g)	4
sugar (g)	<1
protein (g)	10

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CRANBERRY ORANGE, OLIVE OIL, PUMPKIN SEED COOKIE FIT

Serving size: 1 each

Makes 24 servings

- ¾ cup Sugar
- ½ cup Extra Virgin Olive Oil
- 2 ea Eggs
- 2 TBSP Orange Juice
- 2 tsp Orange Zest
- 1/3 cup Dried Cranberries
- 1/3 cup Pumpkin Seeds
- 2 cups All Purpose Flour
- ¼ tsp Baking Powder
- 1/8 tsp Kosher Salt

Preparation:

1. Preheat oven to 325°. Line a baking sheet with parchment paper and set aside.
2. Combine sugar and olive oil in a mixing bowl and mix until well combined. Add eggs one at a time until incorporated. Stir in orange juice and zest.
3. Chop dried cranberries and pumpkin seeds and add to a separate mixing bowl. Add flour, baking powder and salt and stir together.
4. Add dry ingredients to wet ingredients and mix until combined.
5. Roll dough into 2 TBSP balls and line onto baking sheet. Bake in the oven for approximately 12-14 minutes.



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NUTRITION FACTS PER SERVING

calories	130
total fat (g)	7
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	20
total carbohydrate (g)	17
dietary fiber (g)	<1
sugar (g)	8
protein (g)	2

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