

APPLE BUTTER OATMEAL BARS

Serving size: 1 each Makes 24 servings

Ingredients:

- 4 spray Nonstick Cooking Spray
- 2 cup Old Fashioned Oats
- 2 cup All Purpose Flour
- 1-1/2 cup Brown Sugar
- 1/2 tsp Baking Soda
- 1/2 tsp Salt
- 1/3 cup Canola Oil
- 1/2 cup Apple Juice
- 1-3/4 cup Apple Butter

Preparation:

1. Preheat oven to 325F. Lightly coat a baking sheet with cooking spray; set aside.
2. In a large bowl, combine oats, flour, brown sugar, baking soda and salt until smooth. Drizzle oil and apple juice over the oats and mix until evenly moistened and crumbly.
3. Set aside 1/2 cup oat mixture for the topping. Press the remainder evenly into the prepared baking sheet. Spread apple butter over the top. Sprinkle with reserved oat topping.
4. Bake for 20-25 minutes or until golden brown. Let cool in the baking sheet on a wire rack.
5. Cut into 24 equal portions, 6 X 4 per baking sheet.



Registered Dietitian Approved!

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New Potato, Mustard, Dill Salad FIT

Serving size: 1/2 cup

Makes 11 servings

Ingredients:

- 2 ½ lb New Potatoes, halved
- 2 ¼ TBSP Dijon Mustard
- 1 TBSP Honey
- 3 TBSP White Wine Vinegar
- ¾ tsp Kosher Salt
- ½ tsp Black Pepper
- 1/3 cup Dill Weed, chopped
- 3 TBSP Canola Oil
- 3 TBSP Scallions, thinly sliced

Preparation:

1. Fill a large pot with 1-2 inches of water. Add a steamer basket to the pot, making sure the water level is below the bottom of the basket. Cover the pot with a lid and bring the water to a boil over high heat. Add the potatoes and reduce the heat to medium. Simmer for 15-30 minutes or until tender. Remove from heat and let cool.
2. In a large bowl, whisk together mustard, honey, vinegar, salt, pepper and dill. Slowly whisk in oil until emulsified.
3. Add steamed potatoes to the bowl and toss with the dressing. Garnish with scallions. Chill.



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Buffalo Blue Cheese Greek Yogurt Dip

Serving size: 2 TBSP

Makes 11 servings

Ingredients:

- 1 cup Plain Fat Free Greek Yogurt
- ¼ cup Blue Cheese Crumbles
- 2 TBSP Parsley, chopped
- 2 tsp Buffalo Sauce

Preparation:

1. In a mixing bowl, combine yogurt, blue cheese, parsley and buffalo sauce. Chill.



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Sweet Potato, Honey, Orange, Pumpkin Seed Salad FIT

Serving size: 1/2 cup

Makes 16 servings

Ingredients:

- 6 spray Cooking Spray
- 1/3 cup Orange Juice
- 1 1/3 tsp Orange Zest
- 1/3 cup Honey
- 1/2 tsp Ground Cinnamon
- 1/4 tsp Ground Cloves
- 3 1/2 lb Sweet Potato, peeled, sliced, 1/4"
- 2 TBSP Egg Whites
- 1/2 cup Pumpkin Seeds
- 1 1/2 tsp Cajun Spice Rub

Preparation:

1. Preheat oven to 350F. Spray two baking sheets with cooking spray and set aside.
2. In a mixing bowl, combine orange juice, orange zest, honey, cinnamon and cloves. Add the sliced potatoes and toss together.
3. Arrange on one of the baking sheets and roast for approximately 20-30 minutes or until golden brown and tender. Remove from heat and chill.
4. In a separate mixing bowl, froth the egg whites. Add the pumpkin seeds and cajun spice rub and toss together. Arrange on the second baking sheet and roast for approximately 12-15 minutes or until toasted and fragrant, stirring halfway through.
5. Toss the candied pumpkin seeds with the potatoes.



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