

FIT COOKIES



Satisfy your sweet tooth this holiday season with one of our FIT house-made cookie recipes.

Food by FLIK

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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FLIK Homemade Flourless Chocolate Brownie Peppermint Crinkle Cookie

Serving Size: 1 cookie Makes 28 servings



Ingredients:

1/4 cup	Peppermint Candy
1 3/4 cups	Powdered Sugar
6 TBSP	Cocoa Powder
3/4 tsp	Kosher Salt
8 TBSP	Semi-Sweet Chocolate Chips
1/2 tsp	Baking Powder
2 oz	Egg Whites
1 each	Large Egg
4 Tbsp	Powdered Sugar
as needed	Cooking Spray Oil

Preparation:

1. Preheat oven to 350°F.
2. Crush peppermint candy in a Ziploc bag.
3. In a bowl, mix peppermint candy pieces, 1 3/4 cup powdered sugar, cocoa powder, salt, chocolate chips, and baking powder.
4. Add 2 oz egg whites one whole egg and continue mixing until a batter is formed.
5. Refrigerate mixture for 1 hour.
6. Place 4 TBSP of powdered sugar in a bowl.
7. Spray a parchment lined sheet tray with cooking spray.
8. Scoop 1 oz (2 TBSP) portions of dough, form into balls, and roll in powdered sugar until completely covered.
9. Place cookies on prepared baking sheet leaving about 2 inches between each cookie.
10. Refrigerate sheet trays with scooped cookies for 15 minutes. Dough must be cold before placing into the oven.
11. Bake cookies for about 8-10 minutes, until cookies crack on the top and start to spread.
12. Allow to cool before serving. Cookies should be crisp on the outside and slightly gooey in the center.

NUTRITION FACTS

PER SERVING

calories	95
total fat (g)	2
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	66
total carbohydrate (g)	21
dietary fiber (g)	1
sugar (g)	18
protein (g)	1



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