

BREAKFAST TOAST & BEYOND



Try something new at breakfast this month with our FIT breakfast toast that goes beyond just avocado.

Food by **FLIK**

Pumpkin Butter Breakfast Toast, Pomegranate, Whole Wheat

Portion Size: 1 serving Yield: 4

Ingredients:

Pumpkin Spiced Date Butter

Whole Pitted Dates	2 oz
Boiling Water	1/4 cup
Pumpkin Puree, canned	1/2 cup
Pumpkin Pie Spice	1/2 tsp
Kosher Salt	pinch

Pumpkin Butter Toast

Pomegranate Arils	1/2 cup
Whole Wheat Bread	4 slices

Preparation:

1. Pour boiling water over dates in a metal bowl. Allow to steep for 15 minutes. Drain dates and discard water.
2. In a food processor or blender, combine soaked dates, pumpkin puree, pumpkin pie spice and salt. Blend until smooth.
3. Toast wheat bread.
4. Top each slice of toast as follows:
 - 3 tbsp pumpkin butter
 - 2 tbsp pomegranate arils

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
170	2	0	240	6	33	5	13



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Sweet Potato Breakfast "Toast", Goat Cheese, Blueberries, Honey

Portion Size: 1 serving Yield: 4



Ingredients:

Sweet Potatoes	1 pound
Cooking Spray	as needed
Salt	1/4 tsp
Goat Cheese Crumbles	1/2 cup
Blueberries	1/2 cup
Honey	4 tsp

Preparation:

1. Preheat oven to 375°F.
2. Cut sweet potato lengthwise into 1/2 inch thick slices; potato slices will act as "toast". Use potato scraps in another recipe.
3. Prepare sheet tray with pan spray. Lay sweet potato slices flat on sheet tray. Sprinkle with salt.
4. Bake in oven for 30 minutes or until tender but firm enough to hold up as a toast.
5. Allow sweet potato to cool.
6. Cut blueberries in half.
7. Top each sweet potato "toast" as follows:
 - 2 TBSP crumbled goat cheese
 - 2 TBSP blueberries
 - 1 tsp honey

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
190	7	4	290	7	26	3	13



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