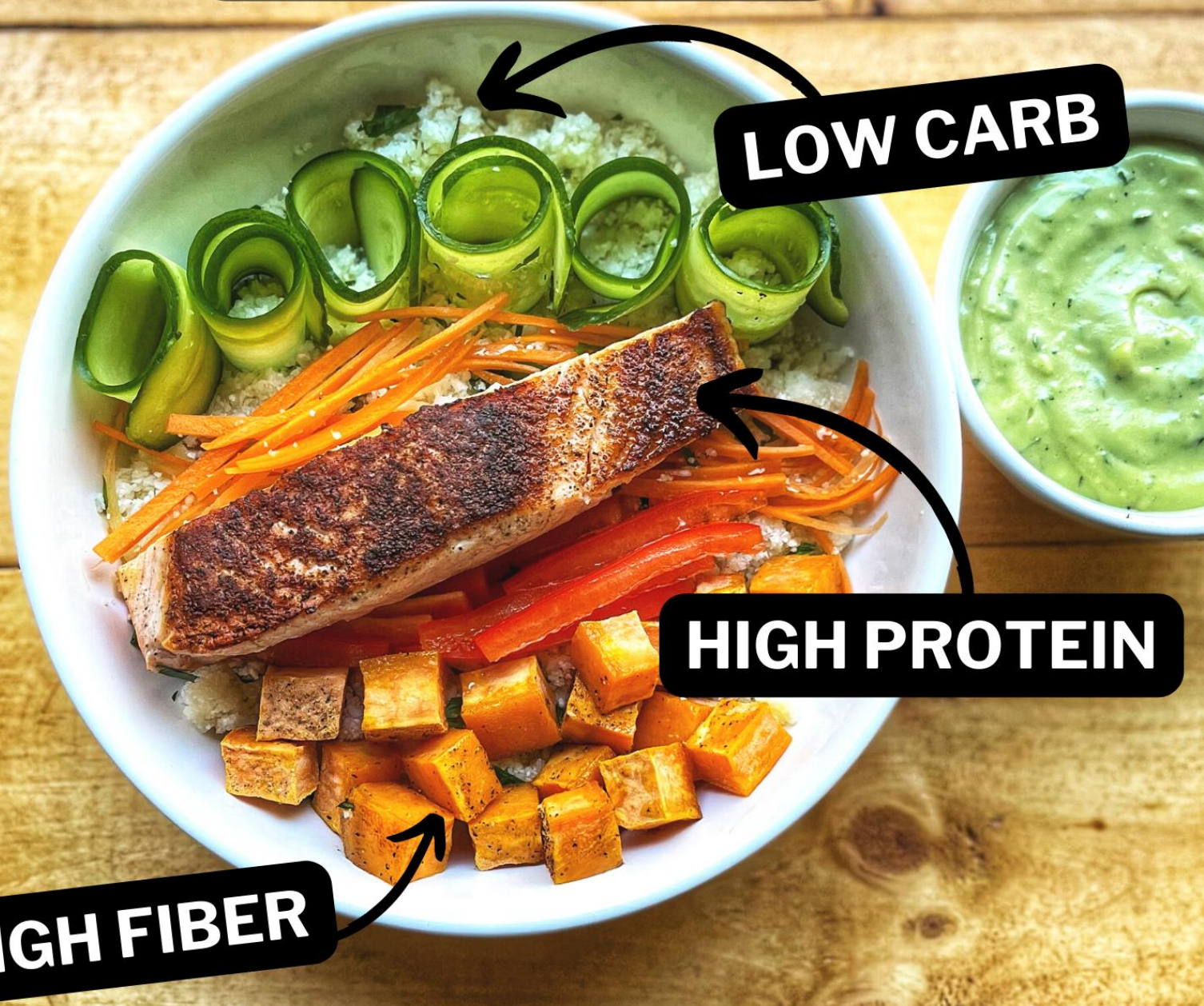


YOUR LIFESTYLE, YOUR WAY!



Create plant-forward, carb-conscious, or high-protein bowls all month.



Edamame Hummus FIT

Portion Size: ¼ cup

Yield: 14 servings

Edamame, Shelled	1 lb	Kosher Salt	1 ½ tso
Sesame Paste (tahini)	½ cup	Ground Cumin	1 ½ tsp
Water	½ cup	Ground Coriander	½ tsp
Lemon Peel, Grated Fine	1 tsp	Extra Virgin Olive Oil	¼ cup
Lemon Juice, Fresh	1/3 cup	Parsley, Italian, Chopped	2 TBSP
Garlic, Fresh, Mashed	1 TBSP		

Preparation:

1. Steam edamame beans for 4 minutes, shock in an ice bath, drain well.
2. In a food processor, puree edamame, tahini, water, lemon zest & juice, garlic, salt, cumin and coriander until smooth.
3. With the motor running, slowly drizzle in the olive oil until well absorbed.
4. Transfer to a bowl, stir in the parsley.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
130	10	1	270	5	16	3	1



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Avocado, Greek Yogurt Dip FIT

Portion Size: 2 TBSP Yield: 12 servings

Avocado	1 each
Fat Free Plain Greek Yogurt	1 cup
Lime Juice, Fresh	1 TBSP
Cumin	½ tsp
Cilantro, Chopped	2 TBSP
Salt	¼ tsp
Black Pepper	¼ tsp

Preparation:

Place all ingredient into a food processor and blend until smooth.

Make as close to when it will be served as possible to prevent browning.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
35	2	0	50	2	2	1	1



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Lemon, Herb, Olive Oil Dressing

Portion Size: 1 ounce

Yield: 8 servings

Oregano, fresh, chopped	1.5 TBBSP
Basil, fresh, chiffonade	1.5 TBSP
Kosher Salt	$\frac{3}{4}$ tsp
Ground Black Pepper	$\frac{3}{4}$ tsp
Extra Virgin Olive Oil	2 TBSP
Lemon Juice	$\frac{2}{3}$ cup

Preparation:

In a bowl, whisk together to combine the olive oil, lemon juice, oregano, basil, salt and pepper.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
55	6	0.5	155	0	1.5	0	0.5



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FUNCTIONS OF FOOD

IMMUNITY & INFLAMMATION

SOURCES

- Vitamin C: citrus, peppers, broccoli
- Vitamin A: kale, carrots
- Dietary Fiber: whole grains, whole fruit
- Vitamin E: nuts and seeds

SNACKING SMART

- Savory, Sweet, Kale, Chili, Pepita
- Energy Bar FIT



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to cooking demonstrations.



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SAVORY SWEET, KALE, CHILI, PEPITA ENERGY BAR FIT

Portion Size: 1 bar Yield: 24 servings



Ingredients

Kale	12 oz
Salt	¼ tsp
Olive Oil	2 TBSP
Pumpkin Seeds, Hulled	2 cups
Maple Syrup	2 cups
Red Pepper Flakes	¼ tsp
Salt	1 tsp
Cooking Spray	As needed
Oatmeal, dry	2 ½ cups
Brown Puffed Rice Cereal	3 cups

Preparation

1. Remove kale stems and cut leaves into 2" pieces. Wash well and spin dry. Toss with ¼ tsp of salt and olive oil. Place on a sheet pan in a single layer and bake in a 275F degree oven, flipping leaves a few times until crisp, about 35-45 minutes.
2. Toast pepitas in a 350F* oven until lightly toasted, about 10 minutes. Allow to cool.
3. In a pot, combine maple syrup, chili flakes, and 1 tsp salt. Simmer for 4 minutes until slightly thickened.
4. Prepare a half sheet tray with pan spray.
NOTE: Use a half sheet tray for every 24 portions.
5. In a bowl, mix oats, puffed brown rice, kale chips, toasted pepitas, and syrup mixture. Stir until evenly mixed.
6. Press mixture into prepared pan using a rubber spatula.
7. Bake in a 350°F oven until golden brown and crisp, about 10-15 minutes.
8. Cut each half sheet pan 4x6 into 24 bars.

NUTRITION FACTS PER SERVING

calories	220
total fat (g)	10
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	90
total carbohydrate (g)	28
dietary fiber (g)	2
sugar (g)	17
protein (g)	7

