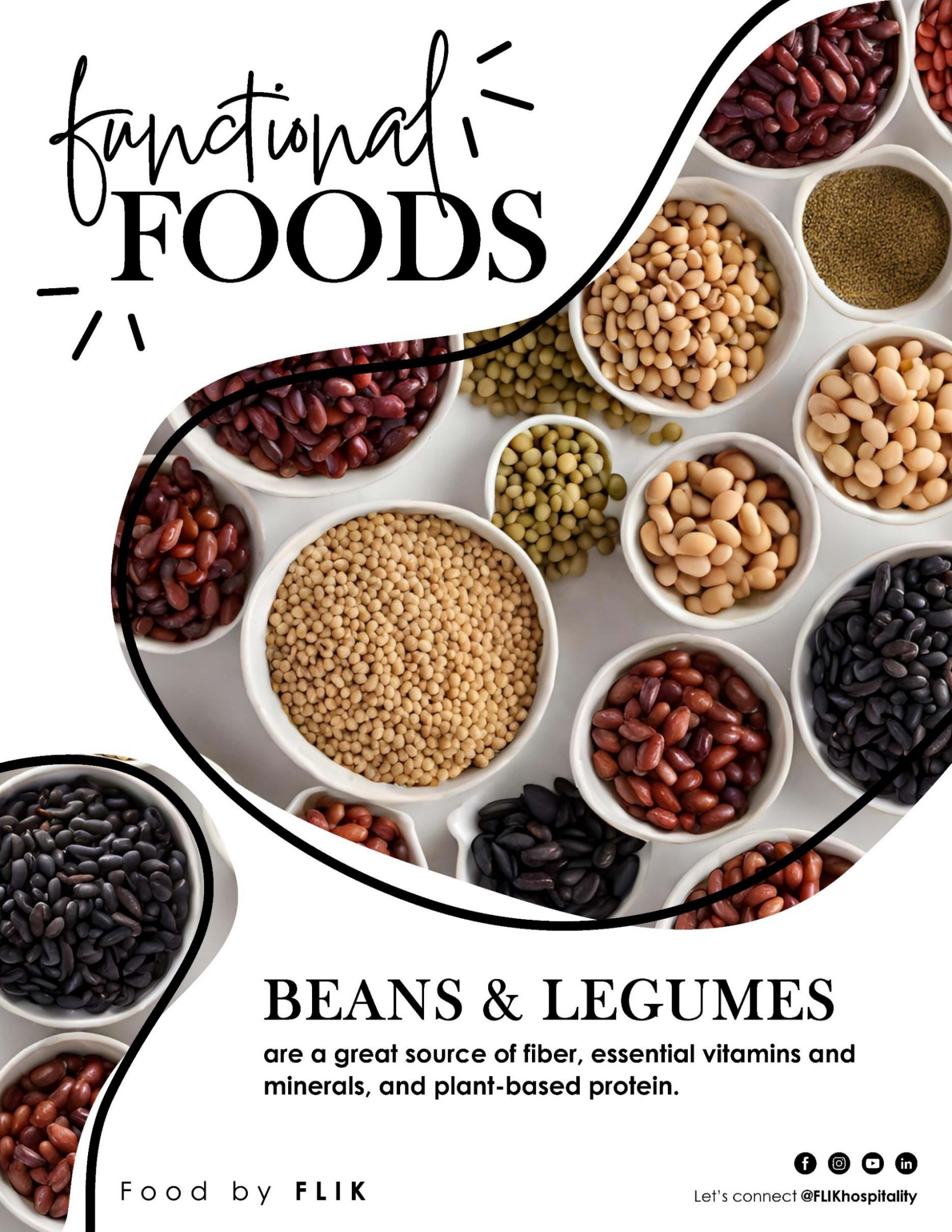


functional FOODS



BEANS & LEGUMES

are a great source of fiber, essential vitamins and minerals, and plant-based protein.

Food by FLIK



Let's connect @FLIKhospitality

TUSCAN LENTIL SOUP FIT

Serving size: 8 fl oz

Makes 8 servings

- 1 TBSP Olive Oil
- 2 oz Celery, diced
- 4 oz Yellow Onion, diced
- 4 oz Carrot, peeled and diced
- $\frac{3}{4}$ tsp Garlic, minced
- 6 cups Low Sodium Vegetable Broth
- 4 oz Potato, diced
- $\frac{1}{2}$ lb Lentils, dry
- 3 oz Diced Tomato, canned
- $\frac{3}{4}$ tsp Lemon Zest
- 2 TBSP Basil, chopped
- 1 $\frac{2}{3}$ tsp Salt
- 2 tsp Lemon Juice

Preparation:

1. Heat oil. Sauté celery, onions, carrots and garlic until tender.
2. Add vegetable broth, potatoes and lentils. Bring to a boil, reduce heat, simmer and cook for 45 minutes, until lentils are tender.
3. Add the tomatoes, lemon zest, basil, salt, and lemon juice. Simmer an additional 10 minutes.



Registered Dietitian Approved!



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NUTRITION FACTS PER SERVING

calories	160
total fat (g)	3
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	500
total carbohydrate (g)	27
dietary fiber (g)	4
sugar (g)	3
protein (g)	8

functional **FOODS**'³

BEAN & LEGUMES

Food by **FLIK**

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CHOCOLATE HUMMUS

Serving size: ¼ cup

Makes 19 servings

- 10 oz Garbanzo Beans, dry
- 1 cup Semi Sweet Chocolate Chips
- 1/3 cup Baking Cocoa
- 2/3 cup Pure Maple Syrup
- ½ cup Skim Milk
- 1 tsp Salt
- 2 TBSP Pure Vanilla Extract

Preparation:

1. Soak garbanzo beans overnight.
2. Cover garbanzo beans with water and cook until VERY tender (beans should be starting to split). Drain beans.
3. Melt chocolate chips over a double boiler.
4. In a food processor, combine cooked garbanzo beans, melted chocolate, cocoa, maple syrup, skim milk, salt and vanilla.
5. Process until smooth.
6. Serve with sliced fruit.

NOTE: beans must be cooked until VERY tender to ensure smooth consistency of the hummus. Canned beans can be used. If using canned beans, use 'no salt added' beans or reduce salt to ½ tsp.



Registered Dietitian Approved!



Scan here to download recipe!

NUTRITION FACTS PER SERVING

calories	140
total fat (g)	4
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	110
total carbohydrate (g)	24
dietary fiber (g)	3
sugar (g)	14
protein (g)	4