

MATCHA FRENCH MACAROONS, RASPBERRY CREAM CHEESE FILLING **FIT**



Nutrition Info (per serving):

Cal: 190, Total Fat: 5g, Sat Fat: 1g,
Sodium: 50mg, Carbs: 30g,
Protein: 4g, Sugar: 27g, Fiber: 1g

Portion Size: 2 each

Yield: 21 servings

Raspberries	3 oz	Matcha Powder	2 tsp
Cream Cheese, Neufchatel	8 oz	Almond Flour	6 oz
Powdered Sugar	¼ cup	Powdered Sugar	2 cups
Egg Whites	6 each	Cooking Spray	as needed
Sugar	1 ½ cup	Matcha Powder	1 tsp

1. Press raspberries through a fine mesh strainer. Discard seeds from strainer and set raspberry puree aside.
2. Allow cream cheese to come to room temperature. In a bowl, stir cream cheese until smooth and softened. Add raspberry puree and powdered sugar until evenly mixed. If piping filling, place cream cheese filling in a piping bag and chill.
3. Place egg whites in a large bowl. Whip with stand or hand mixer until stiff peaks begin to form.
4. Add 3/4 cup of the sugar to mixing bowl and continue mixing until stiff peaks form. Add remaining granulated sugar and continue mixing until mixture is shiny.
5. Sift together matcha powder, almond flour, and powdered sugar. Add almond flour mixture to egg whites. Using a rubber spatula, fold mixture for 1 minute; incorporating the dry ingredients and just slightly deflating egg whites. Place mixture in a piping bag. Cut 1/2" wide hole in the bottom of the bag.
6. To make cookies, trace 1 ½ inch diameter circles onto parchment paper for easy piping. Spray parchment with nonstick cooking spray. Pipe cookies into circles leaving ½ inch between cookies. Tap completed tray a few times on the counter to rid excess air bubbles.
7. Bake cookies in 275°F oven for 7 minutes. Rotate sheet trays and bake an additional 7 minutes, or until cookies are set. Allow cookies to cool and harden.
8. Spoon or pipe ½ tbsp room temperature cream cheese filling between two cookies making a "sandwich". Using a sifter, garnish cookies with remaining 1 tsp matcha powder.

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ICED CUCUMBER LEMON MATCHA **FIT**



Nutrition Info (per serving):

Cal: 80, Total Fat: 0g, Sat Fat: 0g,
Sodium: 10mg, Carbs: 20g, Protein: 0g,
Sugar: 20g, Fiber: 0g

Portion Size: 12 fl oz

Yield: 1 serving

Matcha Powder	¾ tsp
Warm Water	9 fl oz
Sugar	1 ½ tbsp
Water	1 ½ tbsp
English Cucumber Ribbons	1 oz (2 each)
Lemon Juice	3 tbsp

1. Whisk matcha powder into warm water until dissolved. Chill.
2. Make a simple syrup by combining sugar and water in a pot. Bring mixture to a simmer and stir until sugar is dissolved. Chill mixture.
3. To make cucumber ribbons, cut cucumber in half width wise. Use a mandolin to cut halved cucumber into ribbons lengthwise.
4. Combine matcha tea mixture, simple syrup and lemon juice and pour over ice. Garnish with cucumber slices.

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