

CHOCOLATE ANGEL FOOD CAKE, BERRIES **FIT**



Portion Size: 1 slice Yield: 12 servings

All Purpose Flour	1 cup	Pure Vanilla Extract	1 ¾ tsp
Sugar	1 cup	Sugar	1/2 cup
Cocoa Powder	1/4 cup	Strawberries, sliced	1 ½ cups
Salt	1/8 tsp	Raspberries	1 ½ cups
Egg Whites	12 each	100% Orange Juice	1/4 cup
Lemon Juice, fresh	2 ½ tsp		

Nutrition Info (per serving):
Cal: 180, Total Fat: 1g, Sat Fat: 0g,
Sodium: 80mg, Carbs: 40g,
Protein: 6g, Sugar: 28g, Fiber: 3g

1. Sift flour, sugar, cocoa powder, and salt.
2. In a separate bowl, whip egg whites, lemon juice, and vanilla until peaks form. Add sugar and whip until peaks are stiff.
3. Gently fold-in half of sifted dry ingredients; then fold in remaining dry ingredients.
4. Pour batter into an ungreased bundt or cake pan. Bake at 325°F for 45-55 minutes, or until cake springs back when touched.
5. Cool, upside down, on cake rack.
6. Toss berries with orange juice.
7. Slice cake into 12 equal portions. Serve topped with 1/4 cup berries.

Food by **FLIK**

QUINOA, STRAWBERRY, AVOCADO SALAD **FIT**



Portion Size: 1/2 cup Yield: 6 servings

Quinoa, cooked	10 oz
Avocado, diced	1/2 cup or 1 each
Strawberries, diced	1/2 cup
Lime Juice, fresh	1 TBSP
Canola Oil	1 TBSP
Kosher Salt	1/4 tsp
Black Pepper	1/4 tsp

Nutrition Info (per 1/2 cup serving):
Cal: 120, Total Fat: 6g, Sat Fat: 1g,
Sodium: 100mg, Carbs: 15g, Protein: 3g,
Sugar: 1g, Fiber: 3g

1. Prepare quinoa according to package instructions. Cool.
2. In a bowl, toss together quinoa, avocado, strawberries, lime juice, oil, salt, and pepper.

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