

Nourishing a Brighter Future

February 2018

Eat to Nourish



Food Focus... Grab a Pepper Jack #FlikSoCheesy grilled cheese this month!



Healthy Foods Matter... Low in fat and high in protein, this month's #FlikGrains is Freekeh



This year, #TravelingFlavors brings you #FlikAroundTheWorld in which we will be featuring some wonderful meals from London England, Bombay India, Yokohama Japan and San Francisco USA!

Share Knowledge

Dried, ground fruit of sumac is used as spice that is especially popular in the Middle-Eastern cuisine. Make sure to have a #Tasting of it before February is over!

Tastings!

This month's #SuperPOWERFood is Dark chocolate and it is filled with antioxidants and minerals as well as tastes delicious!



Connect Community

Feeling festive? Check out on of our favorite recipes for February!

Chocolate and Dried Red Fruit

Dark Chocolate and Dried Fruit Bark

Ingredients:

Craisins	8 ounces
Cherries, dried	8 ounces
Dark Chocolate Chips, 66% Caca	1 pound

Directions

1. Melt the chocolate in a stainless steel bowl over simmering water (temper).
2. Using a sharpie marker, draw a 9"x10" rectangle on a sheet of parchment paper. Turn the paper over and place in a level sheet pan.
3. Pour the melted chocolate onto the tracing and spread to form a rectangle.
4. Sprinkle the craisins and cherries over the chocolate and press down slightly.
5. Set pan aside and allow to cool for 2 hours until firm.
6. Cut the bark into 1"x3" pieces.

Nutri-message:

To ensure a good night's sleep: Stay hydrated, avoid caffeine after 12 pm, and replace sugary snacks with fruits.

