



# sweet and savory QUESADILLAS

WITH WORLD OF CHIA FRUIT SPREAD

## DESSERT QUESADILLAS



PREP TIME: 5 MINUTES  
COOK TIME: 5 MINUTES  
TOTAL TIME: 10 MINUTES  
SERVINGS: 1

### INGREDIENTS:

2 (6-inch) tortillas  
\*gluten free if necessary  
2 T. World of Chia Fruit Spread  
2 T. chocolate chips, semi sweet  
1/2 t. coconut oil or avocado oil  
or non stick cooking spray.  
1 T. confectioner sugar,  
optional for garnish

### INSTRUCTIONS:

1. Spread World of Chia Fruit Spread over one tortilla; sprinkle with chocolate chips. Place remaining tortilla on top.
2. In a small saute pan add oil or cooking spray over medium heat place tortilla in pan and cover and cook for 1-2 minutes on each side or until lightly browned. Using a small sifter or strainer dust with confectioner's sugar.
3. Cut into four wedges and serve immediately.

## SAVORY QUESADILLAS



PREP TIME: 5 MINUTES  
COOK TIME: 5 MINUTES  
TOTAL TIME: 10 MINUTES  
SERVINGS: 1

### INGREDIENTS:

2 (6-inch) tortillas  
\*gluten free if necessary  
2-3 T. World of Chia Fruit Spread  
2 slices uncured bacon, cooked  
1-2 ounces Gruyere cheese, sliced  
1/2 t. coconut oil, avocado  
oil or non stick cooking spray.

### INSTRUCTIONS:

1. Spread an even layer of Raspberry World of Chia spread over one tortilla. Add gruyere cheese and bacon slices and place the second tortilla on top. You might have to break the bacon to fit in the tortilla.
2. In a small saute pan add oil or cooking spray over medium heat place tortilla in pan and cover and cook for 1-2 minutes on each side or until lightly browned.
3. Cut into wedges and serve hot.