

February 2021

FEBUARY – National Heart Month

Heart Healthy Tips:

Eat more fruits and veggies

Limit saturated and trans fats – fried food, fatty meats, whole fat dairy; packaged baked goods, refrigerated dough/biscuits, microwave popcorn, fast food

Eat more omega-3's – salmon, walnuts, chia seeds, albacore tuna, sardines.

Switch to whole grains – oatmeal, brown rice, whole grains.

Heart Healthy Dark chocolate brownies

Ingredients

Olive oil or coconut oil cooking spray	3 eggs
1 cup cacao powder	1 teaspoon cinnamon
¼ cup Truvia Baking blend	1 teaspoon vanilla
1 medium avocado, peel and pit removed	½ teaspoon baking soda
1 medium banana, without peel	¼ teaspoon salt

Directions

1. Preheat the oven to 350 degrees and spray an 8-inch x 8-inch baking pan with cooking spray.
2. Place the remaining ingredients into the work bowl of a food processor and process until smooth.
3. Transfer the batter to the prepared pan and bake on the bottom rack of the oven for 15-20 minutes, until a toothpick inserted into the center comes out clean.
4. Let cool completely before cutting into squares.

Nutrition Facts

Serves 12; 1 serving: 84 calories, 3g fat; 12g carbohydrate; 2g fiber (10g net carb); 2g sugar.