

FEBRUARY HEART HEALTH

BERRY NUT GRANOLA BARS

Rolled Oats: Oats are rich in soluble fiber, which can help lower LDL (bad) cholesterol levels, thereby reducing the risk of heart disease. Oats also contain beta-glucans, which have been associated with improved heart health and reduced inflammation.

Unsweetened Cranberries and Blueberries: Berries are packed with antioxidants, such as flavonoids and anthocyanins, which have been linked to reduced risk of heart disease by protecting against oxidative stress and inflammation. Blueberries, in particular, have been associated with improved blood pressure and arterial function.

Flax Seeds: Flax seeds are high in alpha-linolenic acid (ALA), a type of omega-3 fatty acid that has been associated with a reduced risk of heart disease. They also contain lignans, which have antioxidant properties and may help lower blood pressure and cholesterol levels.

Peanut Butter: Peanut butter is a source of healthy fats, including monounsaturated and polyunsaturated fats, which can help improve cholesterol levels and reduce the risk of heart disease.

INGREDIENTS:

Servings: 24 (1 each)

Ingredients:

- 4 cups rolled oats
- 2 cup dried unsweetened cranberries
- 2 cup fresh blueberries
- 1 cup sliced unsalted almonds
- 1/2 cup flax seeds
- 2/3 cup peanut butter
- 1/2 cup pure maple syrup or honey
- 4 tablespoons canola oil

Nutrition Facts	
Calories	180
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0.0 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	4.5 g
Cholesterol	0 mg
Sodium	57 mg
Total Carbohydrate	22 g
Dietary Fiber	4 g
Sugars	7 g
Added Sugars	4 g
Protein	5 g



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Directions:

- Preheat the oven to 325° F. Line large baking dish with parchment paper, letting it hang over the edges.
- Blend 2 cups of oats until flour-like consistency. Add the cranberries. Process for 30 seconds to 1 minute. Transfer the mixture to a large bowl.
- Fold in the remaining oats, almonds, flax seeds, and blueberries.
- Place peanut butter, maple syrup, and oil in a small microwavable bowl. Microwave for 30 seconds to 1 minute, or until the peanut butter is soft and pliable. Stir the mixture until smooth.
- Pour the peanut butter mixture over the oat mixture, stirring until thoroughly combined. Transfer to the baking dish. Using gloved hands, press down on the mixture to flatten it in the dish.
- Bake for 30 minutes. Transfer the baking dish to a cooling rack and let cool slightly. While cooling, press down on the mixture to help it set. Cover and refrigerate for at least 2 hours to overnight to harden.
- Remove the dish from the refrigerator. Transfer to a cutting board. Lift the parchment paper and slide the granola mixture onto the board. Using a serrated knife, cut into 12 squares. Serve immediately or transfer to an airtight container and refrigerate for up to one week.



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