

FEBRUARY HEART HEALTH

OATMEAL YOGURT PARFAITS

Strawberries: High in antioxidants, particularly vitamin C and polyphenols, which have been linked to reduced inflammation and improved heart health.

Blueberries: Packed with antioxidants, such as anthocyanins and flavonoids, which help protect the heart from oxidative damage and inflammation. May help lower blood pressure and improve cholesterol levels due to their high fiber content.

Oats: high in soluble fiber which supports heart health by lowering LDL (bad) cholesterol levels and regulating blood sugar.

Greek Yogurt: Low in saturated fat compared to other dairy products, which can reduce risk of heart disease. Contains probiotics that may improve gut health, which is linked to overall health and potentially heart health as well.

INGREDIENTS:

Servings: 16 (1/4 cup of mini parfait)

Ingredients:

- 4 cups fresh sliced strawberries
- 4 cups fresh blueberries
- 2 tablespoon honey
- 4 teaspoons ground cinnamon
- 4 cups water
- 2 cup uncooked rolled oats
- 4 cups fat-free plain Greek yogurt

Directions:

- In a medium bowl, gently stir together the strawberries, blueberries, honey, and cinnamon.
- In a medium saucepan, bring the water and oats to a boil over medium-high heat. Boil for 5 minutes, stirring occasionally.
- In each parfait glass, layer: oatmeal, fruit mixture, yogurt, and fruit mixture.

Nutrition Facts	
Calories	168
Total Fat	1 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0 g
Cholesterol	3 mg
Sodium	23 mg
Total Carbohydrate	21 g
Dietary Fiber	6 g
Sugars	21 g
Added Sugars	3 g
Protein	8 g



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