

FEBRUARY HEART HEALTH

WALNUT CHERRY BARS

Walnuts: are rich in omega-3 fatty acids, known for reducing inflammation and improving heart health. They also contain antioxidants like polyphenols and vitamin E, which protect the heart from oxidative damage and potentially lower LDL (bad) cholesterol levels.

Cherries: are abundant in antioxidants, particularly anthocyanins, associated with a reduced risk of heart disease. Their potassium content helps in lowering blood pressure, and their fiber content contributes to improved cholesterol levels.

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

Dates: acting as a natural sweetener, provide potassium and fiber.

Cocoa Powder: rich in flavonoids and antioxidants, aids in reducing inflammation, improving blood flow, and potentially lowering blood pressure and cholesterol levels.

INGREDIENTS:

Servings: 36 (1/2 bar)

Ingredients:

- 1 cup old-fashioned oats
- 2 cups pitted medjool dates (about 24)
- 1 cup shelled walnuts
- 1 cup unsweetened, dried cherries
- 4 tablespoons unsweetened cocoa powder

Directions:

- In a large food processor bowl, combine all ingredients and process 1-2 minutes, or until mixture resembles a crumbly dough.
- Turn mixture onto wax paper and shape evenly into a ½ -inch thick rectangle.
- Chill at least 1 hour and cut into bars. Bars do not need to be stored in the refrigerator.

Nutrition Facts	
Calories	70
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	0.5 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	12 g
Dietary Fiber	1.5 g
Sugars	8.5 g
Added Sugars	0 g
Protein	1 g



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