



## Heart Your Heart: Nutritious Snacks and Sweets

### Heart Healthy Red Velvet Brownies

*Substituting beans for flour or fat raises the fiber content in recipes. An increase in fiber and reduction in fat and carbohydrates may potentially lower triglycerides and cholesterol, benefitting digestion and heart health.*

#### **Ingredients:**

- 1 cup whole oats (certified gluten-free if needed)
- ¼ cup flaxseed meal
- 6 tablespoons unsweetened cocoa powder
- ⅓ cup milk of choice
- 3 tablespoons canola oil
- 1 egg
- 1 cup black beans, drained and rinsed
- ½ cup cooked beets\*
- ½ cup honey
- ¼ teaspoon baking soda
  - ¼ teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon pure vanilla extract
- ¼ cup chopped dark chocolate (or chocolate chips)
- 1 chocolate bar, chopped (or 1/3 cup chocolate chips)



#### **Instructions:**

1. Preheat the oven to 375°F.
2. In a food processor add oats, flaxseed meal, cocoa powder, salt, baking powder, and baking soda and blend until it a flour-like consistency forms.
3. Add the liquid ingredients, mix to combine 10-20 seconds until well combined.
4. Add in cooked or canned beets and black beans, blend 10-20 seconds until the mixture has formed a thick batter. Stir in dark chocolate.
5. Line 8x8 pan with parchment paper, spray with cooking spray, and pour batter into lined pan. Smooth the top with a spatula and sprinkle with chopped chocolate bar or 1/3 cup chocolate chips.
6. Bake in the oven for 20-22 minutes for fudgy, gooey brownies. For more doneness bake an additional 2-3 minutes.
7. Enjoy warm or store in refrigerator up to 1 week. Microwave 10-12 seconds before eating.

Nutrition facts per serving (yields 16 servings):						
<b>Calories:</b> 149	<b>Fat:</b> 6.2 g	<b>Carb.:</b> 22.6 g	<b>Protein:</b> 3 g	<b>Fiber:</b> 2.7 g	<b>Sugar:</b> 13.5 g	<b>Sodium:</b> 75.8 mg

Recipe and photo adapted from <https://lemonsandbasil.com/goovey-black-bean-beet-brownies/>

\*For raw beets, clean beet and trim of stem and taproot. Add to saucepan and cover with water. Bring to a boil then reduce to a simmer until fork tender, 25-35 minutes for medium beets. Or, purchase precooked or canned beets.



### Chocolate Avocado Mousse

*Sweet and decadent, this recipe is absolutely a dessert, and also rich in fiber and omega-3 fatty acids.*

#### Ingredients:

- Flesh of 2 ripe avocados
- ¼ cup regular cocoa powder
- ¼ cup melted chocolate chips
- 3-4 tablespoons milk of choice
- ½ teaspoon pure vanilla extract
- ¼ cup pure maple syrup (or sweetener of choice to taste)



#### Instructions:

1. Combine all ingredients in food processor or blender. Blend until completely smooth.
2. Serve immediately or chill in refrigerator.

Nutrition facts per serving (yields 8 servings):						
<b>Calories:</b> 124	<b>Fat:</b> 7.6 g	<b>Carb.:</b> 12.8 g	<b>Protein:</b> 1.8 g	<b>Fiber:</b> 4.4 g	<b>Sugar:</b> 7 g	<b>Sodium:</b> 6.9 mg

Recipe and photo adapted from <https://chocolatecoveredkatie.com/avocado-chocolate-mousse-vegan-healthy/>

### Red Velvet Energy Bites

*Energy bites are a customizable, versatile snack that can suit many flavor preferences. Incorporating high-fiber ingredients and omega 3-fatty acids, the heart health benefits are undeniable.*

#### Ingredients

- 1 cup rolled oats
- 1 cup medjool dates (approximately 12 dates)
- ½ cup almond butter
- 1 teaspoon vanilla extract
- ½ cup chocolate protein powder, divided
- ½ cup ground flax seeds
- ½ cup coconut flakes
- 3 tablespoons freeze dried strawberry powder, divided
- ½ cup white chocolate chips of choice



#### Instructions:

1. Add package of freeze dried strawberries to blender or food processor, blend to create a powder, and set aside. (Tip: use remaining powder in smoothies, mixed in yogurt, or added to pancake mix)
2. Place oats and dates in a food processor and pulse to combine.
3. Add in almond butter, vanilla, protein powder, ground flax seeds, coconut flakes, and 2 tablespoons of strawberry powder. Pulse for a few seconds. Use a spatula to push down the ingredients and pulse again until the ingredients are combined.
4. Test the batter, it should stick together between your fingers. If not, add a little bit of maple syrup or almond butter and pulse to combine.
5. Stir in white chocolate chips until combined. Reserve some chips for garnish.
6. Create the topping by mixing together 1 tablespoon of strawberry powder and 1 tablespoon chocolate protein powder.
7. Roll dough into bite size balls. Roll in the topping and press in a few reserved white chocolate chips
8. Store bites in an airtight container at room temperature for 5 days, or in the refrigerator for 14 days.

Nutrition facts per serving (yields 22 servings):						
<b>Calories:</b> 132	<b>Fat:</b> 6.87 g	<b>Carb.:</b> 19 g	<b>Protein:</b> 2.9 g	<b>Fiber:</b> 2.4 g	<b>Sugar:</b> 12 g	<b>Sodium:</b> 32 mg

Recipe and photo adapted from <https://namelymarly.com/red-velvet-energy-bites/>



### **Chocolate Covered Strawberry Frozen Greek Yogurt Bites**

*This sweet treat is a take on a Valentine’s Day staple: chocolate covered strawberries. Adding non-fat Greek yogurt creates bites reminiscent of ice cream without a high fat content.*

**Ingredients:**

- ½ cup non-fat blended strawberry Greek yogurt (not ‘fruit on the bottom’ style)
- 3 ½ tablespoons 100% fruit seedless strawberry jelly
- 4 teaspoons mini chocolate chips

**Instructions:**

1. In a medium bowl, combine yogurt and jelly.
2. Chop chocolate chips and add them to the yogurt mixture, stirring thoroughly.
3. Spoon mixture into silicone molds, or dollop from a spoon onto a parchment-lined baking sheet. If using molds, tap gently on counter so the yogurt levels smoothly.
4. Add ‘popsicle sticks,’ if desired (see note)\*.
5. Freeze until solid. Remove from the mold or peel from parchment immediately after removing from freeze, while the bites are still thoroughly frozen.
6. Serve immediately or return to freezer tightly wrapped or packaged in airtight containers.



\*Popsicle stick alternatives include white candy sticks, paper straws cut into thirds, or toothpicks.

Nutrition facts per serving (yields 12 servings):						
<b>Calories:</b> 25	<b>Fat:</b> 0 g	<b>Carb.:</b> 5 g	<b>Protein:</b> 1 g	<b>Fiber:</b> 0 g	<b>Sugar:</b> 4 g	<b>Sodium:</b> 4 mg

Recipe and photo adapted from <https://twohealthykitchens.com/3-ingredient-chocolate-covered-strawberry-frozen-greek-yogurt-bites/>

### **Creamy Chocolate Dessert Hummus**

*This spin on traditional savory hummus is a healthier alternative high sugar fruit dip. Fiber, protein, and healthy fats work together to keep you blood sugars stable and prevent the dreaded “sugar crash.”*

**Ingredients:**

- ¼ cup pure maple syrup
- ¼ cup cocoa powder
- ¼ cup natural peanut butter (or nut butter of your choice)
- 1/3 cup milk of choice
- 2 teaspoons espresso powder
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- ¼ cup mini chocolate chips
- Pinch salt
- 19 ounce can no-salt-added chickpeas, drained and rinsed
- Dippers: strawberries, apple slices, pineapple, graham crackers, pretzels



**Instructions:**

1. Combine all ingredients except chickpeas in food processor.
2. Blend for 1 minute, scraping sides of food processor halfway through, until mixture is smooth and bubbly. Add the chickpeas and process for 2-3 more minutes, scraping sides down and adding more milk as needed.
3. Serve with fresh fruit, rice cakes, toast, or pretzels.

Nutrition facts per serving (yields 16 servings):						
<b>Calories:</b> 102	<b>Fat:</b> 3.5 g	<b>Carb.:</b> 15 g	<b>Protein:</b> 3 g	<b>Fiber:</b> 2.3 g	<b>Sugar:</b> 5.7 g	<b>Sodium:</b> 136 mg

Recipe and photo adapted from: <https://sweetpeasandsaffron.com/creamy-chocolate-dessert-hummus/>



### **Wild Blueberry Ginger Mint Green Iced Tea**

*This refreshing iced tea is a flavorful way to stay hydrated and is bursting with antioxidants.*

**Ingredients:**

- 7 cups water, divided
- 6 mint green tea bags
- 1 cup frozen wild blueberries, plus extra for garnish
- ¼ cup pure maple syrup
- 1 teaspoon ground ginger (or ¼ cup fresh grated ginger)
- Optional: sparkling water and fresh mint leaves



**Instructions:**

1. Heat 6 cups of water to boiling in tea maker, tea kettle, or pot over the stove. Remove from heat and add tea bags. Steep for at least 5 minutes.
2. While water is heating, combine blueberries, remaining 1 cup of water, maple syrup, and ginger in a medium saucepan. Heat on high until mixture boils, then turn down heat to a gentle boil and cook for 5 minutes.
3. Remove from heat then carefully pour blueberry mixture into blender, and blend on high until blueberries are pureed. Strain blueberry mixture into a fine mesh colander placed over a jar, bowl, or liquid measuring cup.
4. To serve immediately, fill the pitcher with ice first, then pour in the hot tea and blueberry mixture .
5. To serve later, pour the hot tea and blueberry mixture into a heat-proof pitcher and place in refrigerator to cool.

When ready to serve, pour 1 cup of blueberry tea into a tall glass filled with ice. Garnish with fresh mint if desired, and top off with plain or flavored sparkling water.

Nutrition facts per serving (yields 7 servings):						
<b>Calories:</b> 38	<b>Fat:</b> 0 g	<b>Carb.:</b> 10.3 g	<b>Protein:</b> 0 g	<b>Fiber:</b> 1 g	<b>Sugar:</b> 9 g	<b>Sodium:</b> 1.5 mg

Recipe and photo adapted from <https://www.eastewart.com/recipes-and-nutrition/green-iced-tea-mint-blueberry/>

### **Strawberry Basil Mocktail**

*Replacing a traditional cocktail with an alcohol-free ‘mocktail’ supports heart health and keeps excess calories and sugar in check, without compromising fun or flavor.*

**Ingredients:**

- 3 medium strawberries
- 4-6 fresh basil leaves
- 1 tablespoon lime juice
- 1 teaspoon sweetener of choice
- 1 cup sparkling water



**Instructions:**

1. Using the end of a wooden spoon, muddle or mash the strawberries, basil, lime, and sweetener in glass for about 1 minute.
2. Top with sparkling water and stir gently.
3. Add ice and garnish.

Nutrition facts per serving (yields 1 serving):						
<b>Calories:</b> 32	<b>Fat:</b> 0 g	<b>Carb.:</b> 8.2 g	<b>Protein:</b> 0 g	<b>Fiber:</b> 0.8 g	<b>Sugar:</b> 6 g	<b>Sodium:</b> 10.7 mg

Recipe and photo adapted from <https://mindfulmocktail.com/strawberry-basil-mocktail/>