

# WELLNESS MONTHLY

Exercise | Nutrition | Happiness

## Double Chocolate Granola Bars

### Ingredients:

~ 2 cup gluten-free rolled oats ~ 1/3 cup unsweetened cocoa powder ~ 1/3 cup peanut butter, natural ~ 1/2 cup maple syrup ~ 1/2 cup dark chocolate, chopped

### Directions:

In a large mixing bowl, stir together the peanut butter, cocoa powder, and maple syrup until smooth. Add in the oats and stir until combined. Press the mixture into the bottom of a 9x9" pan or baking dish lined with parchment paper. Chill for 1 hour. Remove and cut into bars. Melt the chocolate in a microwave safe bowl. Dip the bottom of each bar into the chocolate. Place on a parchment paper and refrigerate until chocolate is solid. Recipe from [peanutbutterpluschocolate.com](http://peanutbutterpluschocolate.com)

## Island Dream Smoothie

~ 3/4 cup unsweetened almond milk  
~ 3/4 cup full-fat coconut milk ~ 1 tsp vanilla extract ~ 1 tsp ground cinnamon ~ 1 handful baby spinach ~ 1 frozen banana ~ Place all ingredients in a blender and blend until smooth and creamy. From [Eat Fat, Get Thin](#).



## Choose Healthy Fats

Fat is a nutrient necessary for your health. While various fats in foods have different effects on health, some fats offer health-protective benefits. Consider including foods with these fats, in moderation, to your meals.

### Omega-3 Fats

Omega-3 fatty acids are a type of polyunsaturated fatty acid that may help lower cholesterol levels and support heart health.

### What to Eat

**Fatty Fish:** Current dietary recommendations are to include fish in your meals at least twice per week. Fish high in omega-3 fats are salmon, albacore tuna (fresh and canned), sardines, lake trout and mackerel.

**Walnuts:** Walnuts are an excellent plant-based source of omega-3. Add walnuts to cereal, salads or muffins. Try walnut oil in salad dressings and sautés, too.

**Oils:** Replace solid fats such as butter or margarine with oils such as canola and soybean when cooking or baking. It

## Oatmeal Fudge Bars

### Ingredients

- ~ 4/3 cups oat flour
- ~ 1 cup rolled oats (+ 2 tbs for topping)
- ~ 1/4 coconut oil, melted
- ~ 1/4 cup pure maple syrup
- ~ 1/2 tbs vanilla extract
- ~ 1/4 tsp salt
- ~ 1 cup walnut pieces
- ~ 3 cups dark chocolate chips
- ~ 1/3 cup light coconut milk

### Directions:

Spray an 8x8" brownie pan with cooking spray and line with parchment paper. In a large bowl, stir together oat flour and 1 cup of the oats. Add the coconut oil, maple syrup, vanilla extract, and salt. Mix until thoroughly combined. Fold in walnut pieces. Reserve 4/3 cups of the mixture in a small bowl. Dump the remaining base mixture into the prepared pan and flatten. In a medium-sized microwave-safe bowl, add the chocolate chips. Microwave at 30 second intervals, stirring between each, until melted. Whisk in coconut milk. Mixture should thicken. Spread the mixture over the base. Stir the remaining 2 tbs of oats into the bowl of reserved base. Sprinkle this over the chocolate layer and press. Cover and refrigerate overnight. Bring the bars out of the fridge 20 minutes before slicing. Slice, serve, and enjoy. Recipe from [dessertswithbenefits.com](http://dessertswithbenefits.com)

works well for sautéing and stir-frying.

**Flaxseed:** Add ground flaxseed to breakfast cereal, yogurt, baked goods including breads and muffins or mixed dishes and casseroles. Or, drizzle flaxseed oil over quinoa or use it for salad dressing. (Your body cannot break down whole flaxseeds to access the omega-3-containing oil.)

**Eggs:** Some chickens are given feed that is high in omega-3s so their eggs will contain more as well. When buying eggs, check the package label.

### Monounsaturated Fats

Monounsaturated fats improve blood cholesterol levels, which can decrease your risk of heart disease.

### What to Eat

**Nuts:** In addition to heart-healthy fats, nuts are a good source of protein, fiber and a variety of vitamins and minerals. Just keep portion control in mind. One portion of nuts is equal to 1 ounce or 1/3 cup and provides approximately 160 to 180 calories.

**Oils:** Use oils like olive oil in place of saturated fat, such as butter. Use it in salad dressing or to sauté vegetables, seafood, poultry and meat.

**Avocado:** Avocados not only contain monounsaturated fat, but they are also packed with folate, vitamins E, C and B6, potassium and fiber. Try adding avocado to salad, pizza, soup, salsa, eggs and sandwiches.

**Peanut Butter:** Nearly half the fat in peanut butter is monounsaturated fat. Resist the urge to pour off the heart-healthy oil that's separated out of natural peanut butter, and mix it in.

Article from [eatright.org](http://eatright.org)