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The Dietitians at the
Health and Performance Centre
UofG
www.uoguelph.ca/hpc
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519-767-5011 ext. 1

Do your heart a favour and don’t feel guilty about indulging in these bite-size brownies because the applesauce keeps them moist without the added fat. The chocolaty taste is accented with a hint of raspberry. They freeze well and are great for take-along snacks or for a dessert tray.

Chocolate Raspberry Brownie Bites

Ingredients:
• 1 tbsp (15 mL) butter
• 2 oz (56 g) bitter-sweet chocolate, chopped
• 1/3 cup (75 mL) unsweetened applesauce
• 1/2 cup (125 mL) seedless raspberry jam
• 1/2 cup (125 mL) packed brown sugar
• 1 egg
• 1 egg white
• 1 tsp (5 mL) vanilla
• 3/4 cup (175 mL) all purpose flour
• 1/2 cup (125 mL) chopped walnuts
• 24 walnut halves

Directions:
1) In glass bowl, melt butter and chocolate in microwave, stirring once, until melted and smooth, about one minute. Stir in applesauce, jam and sugar until well blended.
2) Lightly beat egg with egg white and vanilla. Stir into chocolate mixture.
3) Gently stir in flour and walnuts.
4) Use light cooking spray to grease mini muffin pan. Spoon batter into pan filling to top. Top each brownie with one walnut half.
5) Bake in 350°F (180°C) oven until tester comes out clean, about 10 – 12 minutes.
6) Let cool in pan five minutes; transfer to rack and cool completely. Repeat with remaining batter.

Reference:
http://ww2.heartandstroke.ca/Page.asp?
PageID=33&ArticleID=5305&Src=recipes&From=SubCategory

Valentine’s Day may be better for you than you thought!

Nutritional Information (per serving):

Calories: 81 Protein: 1 g Fat: 3 g
Saturates: 1 g Cholesterol: 9 mg
Carbohydrate: 13 g Fibre: 1 g
Sodium: 14 mg
Heart Healthy Tips

Hors d'oeuvres anyone? Some of the most heart healthy starters are raw vegetables, especially those with high fibre content such as broccoli and cauliflower. Hummus is a healthy dip to go with your veggies!

Carbs When snacking, stick with carbs that contain vitamins and fibre (e.g., apples) rather than those with little nutritional value (e.g., pretzels).

Fat can be Friendly! Consider healthy fat sources including avocados, walnuts and almonds.

Choose fish over red meat. Cold-water fish (salmon, herring) contain protective omega-3 fats, which reduce the risk of sudden cardiac death.

I'll drink to that. Red wine and dark beer contain heart protective antioxidants and flavonoids. There is no need to overindulge, you can get maximum heart protection with up to 1 ounce of alcohol daily, the equivalent of two, 4 ounce glasses of wine, a 12 ounce bottle of beer, or 2 shots of spirits.

You can have your chocolate and eat it too! That is, if it's dark. Pure dark chocolate contains a very high amount of catechins (a heart healthy antioxidant).

Get in your exercise. Even walking can be beneficial to your heart health! For more exercise information and tips on how to get started, look out for the HPC’s new Fitness Newsletter coming soon! www.uoguelph.ca/hpc

Heart Healthy Benefits of Dark Chocolate

- Studies have shown that compounds found in dark chocolate may help lower blood pressure and cholesterol
- Stimulates endorphin production, giving you that good feeling
- Contains serotonin, acting as an anti-depressant
- Contains theobromine, caffeine and other stimulants

Reference: Centre for Preventative Cardiology http://www.umm.edu/news/releases/heart_tips.htm

Reference: http://longevity.about.com/od/lifelongnutrition/p/Heart_Healthy_Tips.htm