



American  
Heart  
Association.

# WARM UP TO COOL WEATHER WORKOUTS

1. Dress for comfort.
2. Look at the bright side, go outside!
3. Have fun with cool weather activities such as jogging, hiking or snowshoeing.
4. Take it inside if it gets too cold for comfort.



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TO STAY MOTIVATED**

# October



## Oat Avocado-Berry Breakfast Bars

 SERVES 15 / SERVING SIZE 1 BAR

### Ingredients

#### For the Crust/Topping:

- Cooking spray
- 1 3/4 cups low-fat, low sugar granola
- 1 1/2 cups whole-wheat flour
- 2 tablespoon firmly packed brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt

- 1/2 cup fat-free sour cream
- 2 tablespoon canola oil

#### For the Filling:

- 1/2 cup pitted, coarsely chopped dates
- 1/2 cup avocado
- 1 cup frozen, unsweetened blueberries
- 1 tablespoon grated orange zest
- 1 teaspoon cornstarch

### Directions

Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray.

Put the granola in a food processor. Pulse three times to break apart the large pieces (it should look like rolled oats). Transfer the granola to a large bowl. Stir in the flour, brown sugar, cinnamon, and salt until combined. Add the sour cream and oil.

Using a pastry blender or large fork, blend the mixture until it resembles pea-size crumbs.

Set aside half of the granola mixture. Press the other half into the baking pan to form a crust.

Bake the crust for 20 minutes, or until slightly browned. Transfer to a cooling rack. Let cool to room temperature.

Meanwhile, in a food processor, process the dates until smooth. Add the avocado, processing until smooth. Add the blueberries, orange zest, and cornstarch, processing until smooth.

Spoon the filling onto the cooled crust. Use a spatula to spread it. Sprinkle the reserved granola mixture over the filling. Bake for 15 minutes, or until the topping is slightly browned and the filling is set.

Transfer the baking pan to a cooling rack. Let cool. Cut into 15 bars.

### Nutritional Facts

Calories	152	Cholesterol	1 mg
Total Fat	4.0 g	Sodium	76 mg
Saturated Fat	0.5 g	Total Carbohydrate	28 g
Trans Fat	0.0 g	Dietary Fiber	4 g
Polyunsaturated Fat	1.0 g	Sugars	10 g
Monounsaturated Fat	2.3 g	Protein	4 g