



# NUTRITION NEWS

Nutrition and Education Program

February 2024



## Heart Health Month

### Make Good Choices When it Comes to Fats

- Use small amounts of oils such as olive or canola in recipes and for sautéing.
- Limit saturated fats
- Choose protein sources that are lower in saturated fats.
- Cut back on processed meats such as bacon, hot dogs, and salami.
- Eat foods that contain Omega-3 fatty acids
- Add walnuts to cereal, salads, and muffins.
- Eat two 4oz. portions of fatty fish per week. These could include salmon, tuna, and lake trout.

### Include Dietary Fiber

- Make half your plate fruits and vegetables at each meal.
- Choose whole grains when ever possible
- Include plant-based foods as sources of protein, including beans, lentils, seeds, and nuts.

### Reduce Sodium Intake

- Prepare foods at home so you can control the amount of salt in your meal.
- Use salt substitutes like Mrs. Dash to spice things up without adding salt.
- Use herbs and spices to add flavor to your cooking.



# No Bake Peanut Butter Bars

servings: 20

prep time: 10 MINS

chill time: 1 HR

## Ingredients

### For The Peanut Butter Base

- 2 cups Graham Cracker Crumbs
- 1 1/2 cups Peanut Butter
- 1 1/2 cups Powdered Sugar

### For The Chocolate Peanut Butter Topping

- 1 1/2 cups Milk Chocolate Chips
- 1/4 cup Peanut Butter



## Instructions

### TO MAKE THE PEANUT BUTTER BASE

- Place the graham cracker crumbs, peanut butter, and powdered sugar in a large mixing bowl and stir together until combined.
- Press the mixture into an even layer in the bottom of a parchment-lined 9x13" pan.\*\*

### TO MAKE THE CHOCOLATE PEANUT BUTTER TOPPING

- Place the milk chocolate chips\* and peanut butter in a medium bowl and microwave\*\*\* in short, 20-second bursts, stirring until smooth.
- Pour the mixture over the peanut butter base and smooth into an even layer with a spatula.
- Chill for 1 hour, or until set, before cutting into bars.

## Notes

\*Dark or white chocolate chips may be substituted.

\*\*Can also be made in an 8x8" or 9x9" square pan (bars will be thicker).

\*\*\*May also be done over a double boiler.

Recipe can be found at <https://bakingamoment.com/peanut-butter-bars/#wprm-recipe-container-84964>