



Heart Healthy Recipe:

Black Bean Budino with Fresh Berries & Pomegranate

DIRECTIONS

Combine all ingredients except chips in a good food processor, and blend until completely smooth. Stir in chips. Bake 15-18 minutes. Garnish with fresh berries and pomegranate seeds.

FROM THE KITCHEN OF  Dignity Health.

INGREDIENTS

- 1 ½ **cup**s black beans drained and rinsed very well
- 2 **tblsp** cocoa powder
- ½ **cup** quick oats
- ¼ **tsp** salt
- 1/3 **cup** honey
- 2 **tblsp** sugar
- ¼ **cup** coconut or vegetable oil
- 2 **tsp** pure vanilla extract
- ½ **tsp** baking powder
- ½ **cup** to 2/3 cup chocolate chips



Heart Healthy Recipe:

Gourmet Blueberry Blood Orange Smoothie

DIRECTIONS

Blend All Ingredients.

FROM THE KITCHEN OF  Dignity Health.

INGREDIENTS

- 1 ½ **cup** frozen blueberries
- 1 **cup** orange juice
- ½ **cup** low-fat vanilla yogurt
- ½ pureed blood orange
- ¼ **tsp** grated orange peel

- Fresh blueberries for garnish
- Fresh orange zest for garnish