



# 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



### INGREDIENTS

1 ½ cups black beans drained and rinsed very well  
2 tbsp cocoa powder  
½ cup quick oats  
¼ tsp salt  
1/3 cup honey  
2 tbsp 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



### 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