



HeartScan  
SERVICES  
*Prevent the Event!*  
866-518-1112

## HEALTHY SNACKS & RECIPIES

**COMBINE** Organic Raisins, Unsalted Walnuts, Organic Honey Cheerios, Dark Chocolate Chips and Pumpkin Seeds – Mix and Enjoy.

### A Dark Chocolate a Day Keeps the Doctor Away

Daily Dark Chocolate Good for the Heart, Loaded With Flavonoids

Dark chocolate contains a lot more cocoa than other forms of chocolate. And standard chocolate manufacturing destroys up to half of the flavonoids. But chocolate companies have now learned to make dark chocolate that keeps up to 95% of its flavonoids.

### WHAT ARE FLAVONOIDS?

Flavonoids are powerful antioxidants that fight aging and prevent disease

## CARDIOVASCULAR SCREENING & WELLNESS COMPANY



### Creamy Horseradish-Herb Dip

Buttermilk and horseradish add tang to this simple dip that even the kids will love; serve it with an array of colorful crisp vegetables. About 1 cup      Active Time: 10 minutes      Total Time: 10 minutes

**Nutrition Profile:** Diabetes appropriate | Low calorie | Low carbohydrate | Low cholesterol | Low saturated fat | Heart healthy | Healthy weight | Gluten free

**Ingredients:** 6 tablespoons reduced-fat cream cheese, softened, 3 tablespoons buttermilk, 3 tablespoons chopped fresh scallions, or chives, 1 1/2 tablespoons chopped fresh dill or parsley, 1 1/2 teaspoons prepared horseradish, or more to taste, Salt & freshly ground pepper to taste

**Preparation:** 1 Put cream cheese in a small bowl and gradually stir in buttermilk until smooth. Add scallions (or chives), dill (or parsley) and horseradish, mixing well. Season with salt and pepper.

**Nutrition:** Per tablespoon: 15 calories; 1 g fat ( 1 g sat , 0 g mono ); 3 mg cholesterol; 1 g carbohydrates; 0 g added sugars; 1 g protein; 0 g fiber; 40 mg sodium; 19 mg potassium.

### Garlic & Herb Pita Chips

You can make your own tasty pita chips in a matter of minutes. Just cut pita bread into wedges (stale pitas work very well), brush them with a little olive oil and bake. Not only do homemade pita chips save you money, you'll also cut calories by 16 percent.

8 servings, 8 chips each , Active Time: 20 minutes, Total Time: 20 minutes

**Ingredients:** 4- 6-inch whole-wheat pitas, 2 tablespoons extra-virgin olive oil, 1 teaspoon Italian seasoning, 1/2 teaspoon garlic powder, 1/4 teaspoon salt

**Preparation:** 1. Position oven racks in middle and lower third of oven; preheat to 350°F. Coat 2 large baking sheets with nonstick cooking spray. 2. Cut pitas into 8 wedges each and separate each wedge at the fold. Place the pita wedges, rough-side up, in an even layer on the prepared baking sheets. Brush with oil and sprinkle with Italian seasoning, garlic powder and salt. 3. Bake the pita wedges, switching the baking sheets halfway through, until golden and crispy, 6 to 10 minutes (depending on the thickness).

**Nutrition Per serving:** 117 calories; 4 g fat ( 1 g sat , 3 g mono ); 0 mg cholesterol; 18 g carbohydrates; 0 g added sugars; 3g protein; 2 g fiber; 243 mg sodium; 61 mg potassium, Carbohydrate Servings: 1