

Heart Bars

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Call these “Breakfast Bars”, “Snack Power Squares”, “I Can’t Believe They’ll Lower- My- Cholesterol Sticks”. Either way, these Heart Bars are quick and easy to make. Each bar has 1.7 grams of plant sterols...naturally occurring substances in plants that block the uptake of cholesterol in the intestine. Loaded with fiber, they’re perfect for an on-the-go morning “power” bar and much cheaper. Plus, these bars are gluten free. Options include adding different fruits...cranraisins, mixed fruit medley, or dried plums. For an option, to get kids to eats these healthy high fiber bars, melt a single package of dark chocolate chips and dip each bar half way into the chocolate. Place in the refrigerator to cool and firm the chocolate. Wow! These are great for adults too...just dip into your favorite cup of java.

½ cup almond butter
½ cup Smart Balance *Heart Right™* Light with plant sterols
¼ cup Agave Nectar
½ cup egg substitute or two egg whites
½ t vanilla
¼ t cinnamon
2 cups Udi’s Vanilla Granola, gluten free
2 cups old fashioned rolled oats
½ cup raisons

Preheat oven to 350⁰F. Lightly oil spray a 9 inch square pan. In a medium sauce pan over medium heat, add the almond butter, Smart Balance and Agave Nectar. Bring to a simmer and continue until all ingredients are combined. Add the vanilla and cinnamon. Next, add the Udi’s granola and oats. Stir to combine. Add the raisons and mix completely. Transfer to the baking pan. Bake for 15 minutes until slightly browned on the surface. Remove from oven and cool for 15 minutes. Cut into eight bars. Refrigerate until bars are firm. Remove and serve.

Makes 8 servings. Serving size 1 bar.