



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Be Heart Healthy all year!

As American Heart Month winds down, it's important to make focusing on heart health a year-round commitment. There are many foods rich in fiber and nutrients that benefit the heart. Oats, berries, fish, olive oil, avocados, and many other fruits and vegetables are just a few items to add. Instead of focusing on just eliminating foods, reframe the changes by adding more helpful foods in their place.

These simple recipes featuring strawberries and oats can be quick options to add into your menu to boost the heart benefits!

Homemade Strawberry-Oat Milk

Ingredients:

- 2 cups old-fashioned oats
- 6 cups water
- 1 cup strawberries, hulled and halved
- 2 Tbsps. maple syrup
- 1 tsp. vanilla extract



Watch a video on how to prepare this oat milk.

Directions:

1. In a large bowl, stir together oats and water. Cover with plastic wrap and place in refrigerator for 30 minutes or overnight to steep.
2. To a blender, add strawberry halves, maple syrup, vanilla extract and the steeped oat mixture. Puree on high for 30 seconds. Using a wire strainer over a bowl, pour the strawberry oat puree from the blender into the strainer. Use a spoon or spatula to help press any liquids through the strainer into the bowl. Set aside the strainer with the remaining oat puree.
3. Transfer the oat milk from the bowl into a sealable container. Drink as a beverage or use as a replacement for dairy or plant-based milk over cereal and in recipes.



Berry Overnight Oats

Ingredients:

- 1/2 cup old fashioned oats
- 1/2 cup non-fat milk
- 1/2 cup non-fat plain Greek yogurt
- 1 tsp. chia seeds (optional)
- 1 cup of mixed berries and fruit



Directions:

1. Add oats to our container of choice and pour in milk.
2. Layer Greek yogurt, chia seeds (if using), and berries.
3. Refrigerate overnight and enjoy in the morning. Let it steep for at least 8 hours in a refrigerator less than 40°F or colder. Best to eat within 24 hours.

Recipe and image courtesy of Quaker