

Maintain a Healthy Heart and Enjoy Dark Chocolate Covered Blueberries and Walnuts!

Nutrient facts-

Dark Chocolate can help lower blood pressure and protect against heart disease.

Polyphenols are the antioxidants that dark chocolate is most rich in.

Polyphenols help fight hardening of arteries by inhibiting clumping or aggregation of the blood.

Blueberries are a great source of antioxidants.

Antioxidants such as anthocyanin help fight free radicals that might damage cellular structures such as DNA.

Blueberries are native to North America, so they leave a much smaller carbon footprint on their journey to your local grocery store.

Walnuts are rich in vitamin E, gamma-tocopherol in particular which provides protection for your heart.

Being anti-inflammatory, walnuts are able to fight against cardiovascular disease, metabolic syndrome and type 2 diabetes.

Omega 3 fatty acids and monounsaturated fats are other heart healthy nutrients found in walnuts, making them a delicious choice.



The recipe-

4 ounces bittersweet chocolate

1 cup fresh blueberries, at room temperature

$\frac{3}{4}$ cup broken walnuts

1. Cover a baking sheet with waxed paper.
2. Melt the chocolate in a mixing bowl in the microwave or over barely simmering hot water.
3. Mix the berries and walnuts into the warm chocolate, stirring gently with a rubber spatula to coat them. With a fork, lift 6 to 8 of the berries and drop them in a cluster onto the waxed paper, nudging them into a nice shape. Scrape together any chocolate remaining in a bowl and drizzle it over the clusters.
4. Refrigerate until firm, about 45 minutes, and enjoy!