



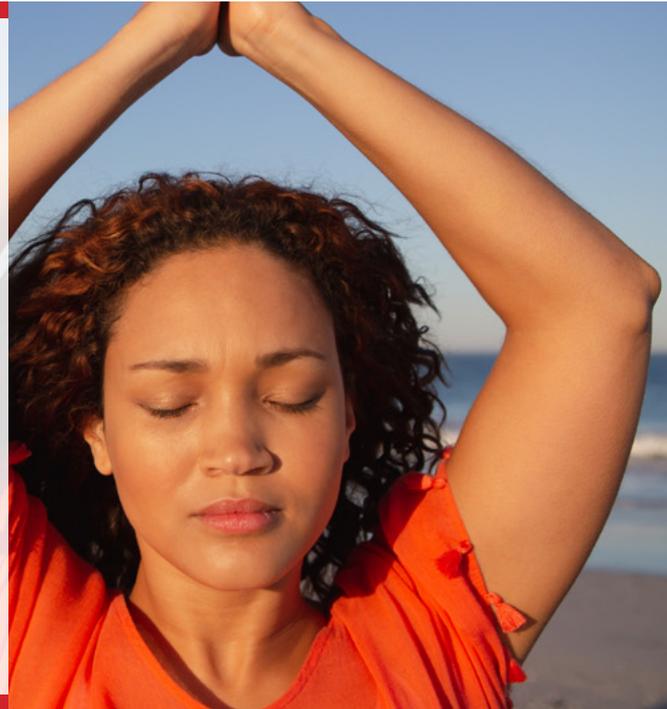
## + FIGHT WITH HEALTHY HABITS +

We all have stress — at work, at home, and on the road. Sometimes we can feel especially stressed because of a bad interaction with someone, too much work, or everyday hassles like getting stuck in traffic.

Negative stress can keep you from feeling and performing your best — mentally, physically and emotionally. But no one's life is completely stress-free. It's important to know how to manage the stress in your life.

Empower yourself by taking actions to control your stress level. Set goals that are reasonable to achieve.

**TO LEARN MORE, VISIT [HEART.ORG/BEWELL](https://heart.org/BEWELL)**



## Oat Avocado-Berry Breakfast Bars

SERVES 15 (SERVING SIZE 1 BAR)

### Crust / Topping Ingredients:

- Cooking spray
- 1 3/4 cups low-fat, low sugar granola
- 1 1/2 cups whole-wheat flour
- 2 Tbsp firmly packed brown sugar
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 1/2 cup fat-free sour cream
- 2 Tbsp canola oil

### Filling Ingredients

- 1/2 cup pitted, coarsely chopped dates
- 1/2 cup avocado
- 1 cup frozen, unsweetened blueberries
- 1 Tbsp grated orange zest
- 1 tsp cornstarch

### Directions

- Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray.
- Put the granola in a food processor. Pulse three times to break apart the large pieces (it should look like rolled oats). Transfer the granola to a large bowl. Stir in the flour, brown sugar, cinnamon, and salt until combined. Add the sour cream and oil.
- Using a pastry blender or large fork, blend the mixture until it resembles pea-size crumbs.
- Set aside one-half of the granola mixture. Press the other half into the baking pan to form a crust.
- Bake the crust for 20 minutes, or until slightly browned. Transfer to a cooling rack. Let cool to room temperature.
- Meanwhile, in a food processor, process the dates until smooth. Add the avocado, processing until smooth. Add the blueberries, orange zest, and cornstarch, processing until smooth.
- Spoon the filling onto the cooled crust. Use a spatula to spread it. Sprinkle the reserved granola mixture over the filling. Bake for 15 minutes, or until the topping is slightly browned and the filling is set.
- Transfer the baking pan to a cooling rack. Let cool. Cut into 15 bars.

### Nutritional Facts

Calories	152	Cholesterol	1 mg
Total Fat	4.0 g	Sodium	76 mg
Saturated Fat	0.5 g	Total Carbohydrate	28 g
Trans Fat	0.0 g	Dietary Fiber	4 g
Polyunsaturated Fat	1.0 g	Sugars	10 g
Monounsaturated Fat	2.3 g	Protein	0 g