

# FEBRUARY WELLNESS

## HEART-CHECK MARK



This “Heart-Check Mark” is an easy way for you to be sure that you are choosing healthy foods. It indicates that the food meets the American Heart Association’s recommendations for healthy nutrition.

To be certified, foods have sources of nutrients and are limited in sodium and limited in bad fats. When you see this mark, you can be sure that the food you are choosing has already been determined to be healthy based on these recommendations.

How can you use this tool? One way is to simply look for the certification while you are grocery shopping. Another way is to make your grocery list before you shop, based on certified foods only. You can see a list of certified foods here:

[Heart-Check Certified Products Listed by Food Category](#)

To learn more about this program through the American Heart Association, click here:

[Heart-Check Foods](#)

You will also find Heart-Check Certified Recipes from this page. Here is one to get you started:

[Avocado Banana Pancake Stacks](#) by Hass Avocado Board

**Servings: 6 Serving Size: 2 pancakes**

Ingredients:

- 2/3 cup whole-grain flour
- 1/2 cup all-purpose flour
- 1 tablespoon brown sugar (packed)
- 2 teaspoons baking powder
- 1 ripe, fresh avocado (halved, peeled, pitted, cubed, divided)
- 1 cup sliced, ripe banana
- 1 cup reduced-fat milk
- 2 large eggs
- 1 teaspoon vanilla extract

Directions:

In a medium bowl mix together all-purpose flour, brown sugar and baking powder.

In a blender, combine half of the avocado pieces, half of the banana slices, milk, eggs and vanilla; puree until smooth.

Add wet ingredients to dry ingredients and stir until just combined; batter may be lumpy.

Lightly Spray a griddle or skillet with nonstick spray and heat over medium heat.

Pour 1/4 cup of batter for each 4-inch pancake. Cook until bottom is lightly brown and bubbles begin to burst, about 2 minutes. Turn and continue cooking until golden brown. Serve warm with remaining avocados and bananas.

Quick Tips:

Large avocados (about 8 ounces) are recommended for this recipe.

Top with additional fruit for bonus nutrition.