



Early Bird Crunch (Breakfast superfood)

Preparation:

Mix almonds, cashews, granola together in bowl-set aside. Add kale to dry mixture, followed by bananas (sliced banana will serve as binding agent) and toss together. Finally, add grapes over the top. Yield: 2 servings. Serving size: 1 small bowl

Ingredients:

- Whole raw almonds, 1 oz
- Whole raw cashews, 1 oz (may substitute other heart healthy nut such as pecan or pistachio)
- Homemade granola, with cinnamon backdrop, 2 oz
- Kale, 1 cup raw, chopped
- Banana, 1 medium, 7 to 8 inches, sliced
- Whole red seedless grapes, 1 cup

Nutritional Data Per Serving:

- 324 calories
- 37g carbohydrates
- 17g total fat
- 10g protein
- 21mg sodium
- 10g sugar

This is a heart-healthy recipe that will provide you with sustainable energy to fuel your morning. For a post-workout snack, have an egg white omelet (3 eggs=54cal, 12g protein) alongside.

**For those taking the blood thinner medication Coumadin, may substitute other leafy greens lower in vitamin K, i.e. raw green leaf lettuce, raw endive)*

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