



Strengthens Immune System

Honey can help treat allergies by promoting a strong immune system. It has powerful anti-microbial, anti-bacterial and anti-inflammatory properties. It also offers enzyme-produced hydrogen peroxide, making it an excellent option for treating wounds. Constant use of honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

Eating nutritious foods – along with proper hydration, physical exercise and social activities – can make a world of difference in an elderly person's quality of life. And making these foods delicious brings happiness as well as health.

At Highgate, finding ways beyond traditional medicine to keep residents fully engaged in life is part of our unique holistic approach to senior care. Enjoy! (Recipe on reverse side.)

Honey Nut Bar

INGREDIENTS (makes 20 bars)

- 2 cups sliced almonds
- 2 cups chopped pecans
- 2 cups raw sunflower seeds
- 2/3 cup canola oil
- 1 cup honey
- 2 teaspoons vanilla extract
- 2 tablespoons ground cinnamon

DIRECTIONS:

Preheat oven to 325°F. In a large bowl, stir oats, nuts and sunflower kernels together. In a separate bowl, mix together oil, honey, vanilla and cinnamon. Add to dry ingredients; mix well. Spread mixture into an 18"x13" baking pan. Bake for 10 minutes, remove from oven and stir. Return to oven and continue baking until golden, about 10 minutes. Remove from oven and let cool completely before cutting into bars.





Regulates Blood Pressure

Almonds contain mono-saturated fat, protein and potassium that lower blood pressure and are good for the heart. Vitamin E acts as an antioxidant and reduces the risk of cardiovascular diseases. The magnesium in almonds helps to prevent heart attacks. Almonds can reduce C-reactive protein which causes artery-damaging inflammation. Apricots contain a fat-soluble vitamin that aids in vision and immune-system functioning.

Eating nutritious foods – along with proper hydration, physical exercise and social activities – can make a world of difference in an elderly person's quality of life. And making these foods delicious brings happiness as well as health. At Highgate, finding ways beyond traditional medicine to keep residents fully engaged in life is part of our unique holistic approach to senior care. Enjoy! (Recipe on reverse side.)

Almond Apricot Bar

INGREDIENTS (makes 20 bars)

- 3 cups almonds, toasted,
1/2 finely ground and 1/2 coarsely chopped
- 3 cups dried apricots
- 2 cups pitted dates
- 3 cups old-fashioned oats, finely ground
- 4 tablespoons oat bran
- 1/3 cup ground flaxseed
- 4 tablespoons wheat germ
- 1 teaspoon coarse salt
- 1 teaspoon ground cinnamon
- 1/3 cup brown-rice syrup or honey

DIRECTIONS:

Preheat oven to 325°F. Place dates in a medium saucepan, cover with water, and bring to a simmer. Drain. Place and puree in a food processor until smooth. Coat an 18"x13" baking pan with cooking spray. Mix oats, nuts, dried apricot, bran, flaxseed, wheat germ, salt and cinnamon in a large bowl. Mix in date puree and brown-rice syrup or honey. Press mixture into pan. Bake until center is firm and edges are lightly golden, about 25 minutes. Let cool in pan on a wire rack. Cut into 20 bars.



Promotes Eye Health

Pistachios contain two carotenoids not found in most nuts, lutein and zeaxanthin, that function as protective antioxidants, defending tissues against damage from free radicals. This helps decrease the risk of developing age-related macular degeneration, a leading cause of visual impairments and acquired blindness. Red apples contain the antioxidant quercetin that can help boost and fortify the immune system, especially when a person is under stress.

Eating nutritious foods – along with proper hydration, physical exercise and social activities – can make a world of difference in an elderly person's quality of life. And making these foods delicious brings happiness as well as health. At Highgate, finding ways beyond traditional medicine to keep residents fully engaged in life is part of our unique holistic approach to senior care. Enjoy! (Recipe on reverse side.)

Pistachio Apple Bar

INGREDIENTS (makes 20 bars)

- 3 cups pistachios, toasted,
1/2 finely ground and 1/2 coarsely chopped
- 3 cups dried apples
- 2 cups pitted dates
- 3 cups old-fashioned oats, finely ground
- 4 tablespoons oat bran
- 1/3 cup ground flaxseed
- 4 tablespoons wheat germ
- 1 teaspoon coarse salt
- 1 teaspoon ground cinnamon
- 1/3 cup brown-rice syrup or honey

DIRECTIONS:

Preheat oven to 325°F. Place dates in a medium saucepan, cover with water, and bring to a simmer. Drain. Place and puree in a food processor until smooth. Coat an 18"x13" baking pan with cooking spray. Mix oats, nuts, dried apples, bran, flaxseed, wheat germ, salt and cinnamon in a large bowl. Mix in date puree and brown-rice syrup or honey. Press mixture into pan. Bake until center is firm and edges are lightly golden, about 25 minutes. Let cool in pan on a wire rack. Cut into 20 bars.





Healthy Joints & Bones

Cashews are good for the nerves and contribute to the health of joints and bones, thanks to the calcium and magnesium they contain. In addition, these tasty nuts can help regulate blood pressure, lower blood sugar and act as a mild aphrodisiac.

Eating nutritious foods – along with proper hydration, physical exercise and social activities – can make a world of difference in an elderly person's quality of life. And making these foods delicious brings happiness as well as health. At Highgate, finding ways beyond traditional medicine to keep residents fully engaged in life is part of our unique holistic approach to senior care. Enjoy! (Recipe on reverse side.)

Cashew Wheat Bar

INGREDIENTS (makes 20 bars)

- 6 cups quick cooking oats
- 3 cups all-purpose flour
- 2-1/4 packed brown sugar
- 2-1/4 cups raisins
- 1-1/2 cups wheat germ
- 1-1/2 teaspoons salt
- 1-1/2 teaspoons ground cinnamon
- 2-1/8 cups chopped cashews
- 1-1/2 cups honey
- 3 eggs
- 2 tablespoons vanilla extract

DIRECTIONS:

Preheat oven to 325°F and line an 18"x13" baking pan with aluminum foil or parchment paper; spray with vegetable oil spray. In a large bowl, stir together oats, flour, brown sugar, raisins, wheat germ, salt, cinnamon and cashews. In a smaller bowl, thoroughly blend oil, honey, egg and vanilla; pour into the flour mixture and mix by hand until the liquid is evenly distributed. Press evenly into the prepared baking pan. Bake 25-30 minutes, or until the edges are golden. Cool completely in pan before turning out onto a cutting board and cutting into bars.



Natural Antidepressant

Cacao beans contain many substances that have earned them the reputation as being nature's antidepressant. They contain three neurotransmitters that are associated with promoting a healthy mood and positive mental state: serotonin, dopamine and phenylethylamine.

Eating nutritious foods – along with proper hydration, physical exercise and social activities – can make a world of difference in an elderly person's quality of life. And making these foods delicious brings happiness as well as health. At Highgate, finding ways beyond traditional medicine to keep residents fully engaged in life is part of our unique holistic approach to senior care. Enjoy!

(Recipe on reverse side.)

Dark Chocolate Bar

INGREDIENTS (makes 20 bars)

- 4 cups quick-cooking rolled oats
- 1 cup all purpose flour
- 1 cup whole wheat flour
- ½ cup sesame seeds
- 2 cups Grape Nuts cereal
- 2 teaspoon ground ginger
- 4 eggs
- 1-1/3 cup unsweetened applesauce
- 1 cup honey
- 1 cup brown sugar
- ½ cup grape seed oil
- 2 cups chopped walnuts
- 1 cup dark chocolate chips

DIRECTIONS:

Preheat oven to 325°F. Line an 18"x13" baking pan with parchment paper and brush lightly with oil. In a large bowl, combine oats, flaxseed, Grape Nuts and ginger. Add the egg, oil, brown sugar, applesauce and honey; mix thoroughly. Stir in dried fruits, sunflower seeds, walnuts, and chocolate chips. Spread mixture in prepared pan. Bake until lightly browned around edges (30 - 35 minutes). Remove from oven and cool on a wire rack. Cut into squares.





Lowers Cholesterol

Thanks to naturally occurring antioxidants, pecans may help contribute to heart health and age-related disease prevention. The nuts are especially rich in one form of vitamin E that lowers LDL (bad) cholesterol in the blood. This can ease inflammation in the arteries and help alleviate cardiovascular problems. Bananas, thanks to high amounts of potassium, can diminish the uncomfortable effects of diarrhea and constipation and help restore digestion by restocking electrolytes.

Eating nutritious foods – along with proper hydration, physical exercise and social activities – can make a world of difference in an elderly person's quality of life. And making these foods delicious brings happiness as well as health. At Highgate, finding ways beyond traditional medicine to keep residents fully engaged in life is part of our unique holistic approach to senior care. Enjoy! (Recipe on reverse side.)

Pecan Banana Bar

INGREDIENTS (makes 20 bars)

- 3 cups pecans, toasted,
1/2 finely ground and 1/2 coarsely chopped
- 3 cups dried banana
- 2 cups pitted dates
- 3 cups old-fashioned oats, finely ground
- 4 tablespoons oat bran
- 1/3 cup ground flaxseed
- 4 tablespoons wheat germ
- 1 teaspoon coarse salt
- 1 teaspoon ground cinnamon
- 1/3 cup brown-rice syrup or honey

DIRECTIONS:

Preheat oven to 325°F. Place dates in a medium saucepan, cover with water, and bring to a simmer. Drain. Place and puree in a food processor until smooth. Coat an 18"x13" baking pan with cooking spray. Mix oats, nuts, bananas, bran, flaxseed, wheat germ, salt, and cinnamon in a large bowl. Mix in date puree and brown-rice syrup or honey. Press mixture into pan. Bake until center is firm and edges are lightly golden, about 25 minutes. Let cool in pan on a wire rack. Cut into 20 bars.

Coconut Almond Bar



Promotes Healthy Hair

Coconut provides quick and lasting boosts of energy. It also benefits the outward appearance of the body in a number of ways, including softening skin, reducing the appearance of wrinkles and fine lines, controlling dandruff, and keeping the scalp and hair healthy.

Eating nutritious foods – along with proper hydration, physical exercise and social activities – can make a world of difference in an elderly person's quality of life. And making these foods delicious brings happiness as well as health. At Highgate, finding ways beyond traditional medicine to keep residents fully engaged in life is part of our unique holistic approach to senior care. Enjoy!

(Recipe on reverse side.)



Coconut Almond Bar

INGREDIENTS (makes 20 bars)

- 6 cups quick oats
- 2 14-oz. cans of sweetened condensed milk
- ¼ cup butter, melted
- 2 cups flaked coconut
- 2 cups sliced almonds
- 2 cups semisweet chocolate chips
- 1 cup dried cranberries

DIRECTIONS:

Preheat oven to 325°F and grease an 18"x13" baking pan. In a large bowl, mix together the oats, sweetened condensed milk, butter, coconut, almonds, chocolate chips and cranberries with your hands until well blended. Press flat into the prepared pan. Bake for 20-25 minutes – depending on how crunchy you want them. (Lightly browned just around the edges will give you moist, chewy bars.) Cool for 5 minutes, cut into squares then let cool completely before serving.





Increases Brain Function

Walnuts have twice the iron concentration of minced beef. Iron helps carry oxygen through the body, increasing energy and the ability to concentrate. Cranberries are loaded with polyphenols, which are known to have an antioxidant effect. This means the slowing of oxidation (or breaking down of living tissues). That's why you sometimes hear antioxidants called "anti-aging" compounds.

Eating nutritious foods – along with proper hydration, physical exercise and social activities – can make a world of difference in an elderly person's quality of life. And making these foods delicious brings happiness as well as health. At Highgate, finding ways beyond traditional medicine to keep residents fully engaged in life is part of our unique holistic approach to senior care. Enjoy! (Recipe on reverse side.)

Walnut Cranberry Bar

INGREDIENTS (makes 20 bars)

- 3 cups walnuts, toasted,
1/2 finely ground and 1/2 coarsely chopped
- 2 cups pitted dates
- 3 cups dried cranberries
- 3 cups old-fashioned oats, finely ground
- 4 tablespoons oat bran
- 1/3 cup ground flaxseed
- 4 tablespoons wheat germ
- 1 teaspoon coarse salt
- 1 teaspoon ground cinnamon
- 1/3 cup brown-rice syrup or honey

DIRECTIONS:

Preheat oven to 325°F. Place dates in a medium saucepan, cover with water, and bring to a simmer. Drain. Place and puree in a food processor until smooth. Coat an 18"x13" baking pan with cooking spray. Mix oats, nuts, cranberries, bran, flaxseed, wheat germ, salt and cinnamon in a large bowl. Mix in date puree and brown-rice syrup or honey. Press mixture into pan. Bake until center is firm and edges are lightly golden, about 25 minutes. Let cool in pan on a wire rack. Cut into 20 bars.

