



Help Yourself to Go! FoodsSM

Cleveland Clinic brings you the GO! Foods program.



Look for the Green
Light on a variety of
tasty food options.

A Green Light means that each serving contains:

- Less than or equal to 4g of saturated fat
(for main dishes; less than or equal to 2g for sides and desserts)
- Less than or equal to 4g of added sugar
(for main dishes and desserts; less than or equal to 2g for sides)
- 600mg or less of sodium
(for main dishes; 480g or less for sides and desserts)
- 0g of trans fat
- Only 100 percent whole grains

See reverse side for a free recipe from GO! Foods for You, the expert guided online healthy eating program from Cleveland Clinic. Learn how you can change your life by changing what and how you eat. Find out more at www.ClevelandClinicWellness.com.

Blueberry, Strawberry, Raspberry Oatmeal Crisp

Nutritional Information (serving size: 1 piece): Calories 170, Protein 3g, Total Carbohydrate 27g, Fiber 5g, Cholesterol 0mg, Saturated Fat 0g, Sodium 280mg, Sugars 11g

Makes 12 servings

1 tablespoon Chia Seed
1 Orange – zest
4 cups Blueberries – rinsed
1 ½ cups Raspberries – rinsed
1 cup Strawberries – rinsed and quartered
8 teaspoons Honey, divided
¼ cup Canola Oil
1/3 cup Unsweetened Almond Milk
2 cups Quick Oats
¼ cup Whole Wheat Flour
1 teaspoon Baking Powder
1 teaspoon Baking Soda
¾ teaspoon Salt

1. To make fruit mixture, in a large bowl, combine and mix well the Chia seed, zest, berries and 3 teaspoons honey and pour into a glass 9"x13" baking pan.
2. In a small bowl, combine and whisk together the next 3 ingredients: canola oil, almond milk and 5 teaspoons honey.
3. In a second large mixing bowl, combine dry ingredients and whisk together to mix thoroughly.
4. Add the oil mixture to the dry and mix well to make crumb topping. Sprinkle on top of fruit mixture.
5. Bake in a pre-heated 400 degree oven for 25 minutes.
6. Remove, let set for 15 minutes and serve.

