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FABLOW AgriLife is a multi-county collaboration between the Family and Community Health (FCH) Agents of, Atascosa, Bandera, & Wilson County.

Healthy Carbohydrates



join us for a How do Carbohydrates Work in the body?

online series starting February 7 Facebook: 2022 FABLOW AgriLife

4-session series is intended for audiences wanting to learn more about how to prevent chronic disease through nutrition practices.

TEXAS A&M GRILIFE EXTENSION



HEALTHY CARBOHYDRATES

Let's dive into how carbohydrates work in the body, incorporating them into a simple plate, and finding your right amount. This 4 Week series will be taught on our 2022

Feb 7th-Healthy Carbohydrates Starts!

FABLOW AgriLife Facebook group.







1 box red velvet cake mix

3/4 cup water

1/3 cup unsweetened applesauce

3/4 cup egg substitute

Non stick cooking spray

Fresh Fruit Topping:

2 cups fresh raspberries

1 cup pomegranate seeds

Optional Toppings:

1 tbsp powdered sugar sprinkled on top of waffles



Instructions:



- 1. Wash hands and cooking area
- 2. In a large mixing bowl, combine cake mix, water, applesauce, and egg substitute. Stir well. Spray waffle maker with a small amount of non-stick spray; preheat until ready to use.
- 3. Once waffle maker is warmed, fill waffle maker with 3/4 cup of waffle mixture. Cook for 2-3 minutes or until done. Remove from waffle maker.
- 4. In a separate bowl, combine raspberries and pomegranate seeds.
- 5. Top waffles with raspberry and pomegranate mixture.
- 6. Optional: Sprinkle waffles with 1 tablespoon of powered sugar



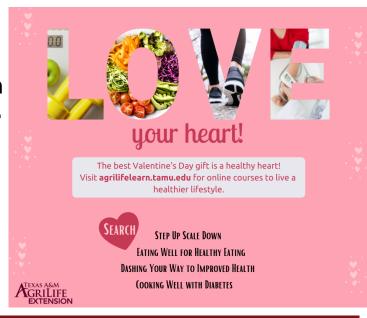
"The ultimate dream in life is to be able to do what you love and learn something from it"
Jennifer Love Hewitt





American Heart Health Month

February is American Heart Health Month. Take time to focus on your health by choosing healthy foods, staying physically active, controlling cholesterol, blood pressure, stress, and limiting alcohol.





AgriLife Programs

FABLOW Agrilife Podcast Check out agrilifelearn.tamu.edu for more online courses.

Check out our February Podcast, you can listen on 11 different platforms

Let us know what you're doing for Valentine's! Share with #FABLOWAgriLife

We Hope You Have a Sweet Valentine's!



ATASCOSA



Dru Benavides - FCH Ext. Agent

County Events & Programs on https://atascosa.agrilife.org/

BANDERA



Jessica E. Faubion- FCH Ext. Agent

County Events & Programs on https://bandera.agrilife.org/

WILSON



Nicole Demmer - FCH Ext. Agent Birthday Girl Moith County Events & Programs on https://wilson.agrilife.org/



FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social

media education, so make sure to check out our "FABLOW -US" content:

• Podcast: FABLOW AgriLife is on 11 different platforms (find us!)