



# FABLOW AgriLife

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

## Healthy Carbohydrates

How many Carbohydrates should you eat?

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  
AGRI LIFE  
EXTENSION

BETTER LIVING  
FOR TEXANS  
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## 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 FABLOW AgriLife Facebook group.

*Feb 7th-Healthy Carbohydrates Starts!*



## Sweet Heart Waffles

### Ingredients:

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 powdered 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.**



The best Valentine's Day gift is a healthy heart!  
Visit [agrilifelearn.tamu.edu](https://agrilifelearn.tamu.edu) for online courses to live a healthier lifestyle.

**SEARCH** STEP UP SCALE DOWN  
EATING WELL FOR HEALTHY EATING  
DASHING YOUR WAY TO IMPROVED HEALTH  
COOKING WELL WITH DIABETES

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## AgriLife Programs

### FABLOW AgriLife Podcast

Better Living for Healthy Texans

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#### Episode 47

*Love - Hate Relationship  
with Carbohydrates*

With Jessica, Nicole, & Special Guest Elyse



Check out [agrilifelearn.tamu.edu](https://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 Month*

County Events & Programs on  
<https://wilson.agrilife.org/>

**FABLOW  
AgriLife**

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!)