



FABLOW AgriLife

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

Your recipes don't have to be boring.

COOKING WELL
FOR HEALTHY BLOOD PRESSURE

TEXAS A&M
AGRI LIFE
EXTENSION

COOKING WELL FOR HEALTHY BLOOD PRESSURE

A cooking school designed to help those concerned about high blood pressure and anyone who prepares meals for them

Cooking Well series has 3 interactive classes including: DASHing Your Way to Improved Health, A Virtual Grocery Store Tour, and Cooking with Spices and Herbs

Feb 6th Classes Begin!



**Join the Facebook Group:
2022 FABLOW AgriLife**

FEB. IS AMERICAN HEART MONTH

Your body needs fats for energy, try replacing them with some of these healthier options. —————>

For more information visit the American Heart Association at heart.org



"Our bodies are our gardens—our wills are our gardeners." ~William Shakespeare

Eating Smart Healthy Fats

- Fats offer more energy than carbohydrates and proteins.
- It is recommended to replace saturated fats and trans fats with monounsaturated fats and polyunsaturated fats.
- If wanting to use healthier fats, use liquid non-tropical plant oils; low or nonfat rather than full-fat dairy products.

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Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/dietary-fats>



RICH CHOCOLATE CAKE RECIPE

This rich chocolate cake recipe is made healthier by replacing fat with applesauce and Greek yogurt.

Ingredients:

1 cup all-purpose flour
 1/4 cup sugar
 1/2 cup cocoa powder
 1 tsp baking powder
 1 tsp baking soda
 1 cup hot water
 1/2 cup applesauce
 1 egg
 1/4 cup fat free Greek yogurt
 1/2 tbs powdered sugar

Instructions:

1. Clean your cooking area and wash your hands.
2. Preheat oven to 350 degrees. Spray a 9 inch square baking pan with non-stick spray.
3. Combine flour, sugar, cocoa powder, baking soda, and baking powder.
4. Stir in hot water.
5. Add applesauce, Greek yogurt, and egg. Stir gently until mixed.
6. Pour into pan and bake 25-30 minutes until cooked through.
7. Dust with powdered sugar.



We Hope You Have a Sweet Valentine's!



GUADALUPE



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BANDERA



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