

AVOCADO BROWNIES

Ingredient	Students Per Class		
	10	15	20
Avocado	1/2	3/4	1
Olive oil	1/4 cup	1/3 cup	1/2 cup
Oats	1 1/4 cup	2 cup	2 1/2 cup
Cocoa powder	1/2 cup	3/4 cup	1 cup
Honey	1/2 cup	3/4 cup	1 cup
Baking soda	1 tsp	1 1/2 tsp	2 tsp
Salt	1/2 tsp	3/4 tsp	1 tsp
Water	1/2 cup	3/4 cup	1 cup
Chocolate chips	1/2 cup	3/4 cup	1 cup

Other: Foil muffin tins per student.

: **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Preheat oven to 375°F. Pass muffin tins to each student. Prepare the blender.

Directions:

1. Demonstrate how to pit the avocado and remove meat from skin. Have a student volunteer mash.
2. Have students measure and whisk together avocado and oil until the mixture is creamy and smooth.
3. Blend oats in the blender until fine like flour.
4. Have students measure and add oat flour, cocoa powder, honey, baking soda, salt, and water to mixing bowl. Stir until well combined. Fold in chocolate chips.
5. Add 1/4 cup of the batter to each student's muffin tin. Collect and bake for 15 minutes. Watch the oven as time may vary.
6. Remove and let cool for 2-3 minutes. Enjoy!



DID YOU KNOW?

Basil is high in Vitamins A, B6, C and K, as well as iron and magnesium.



DID YOU KNOW?

Avocados are an excellent source of monounsaturated fats, which protect against heart disease.

KALE PESTO

Ingredient	Students Per Class		
	10	15	20
Kale	2 cups	3 cups	4 cups
Basil	1 cup	1 1/2 cup	2 cup
Parmesan cheese	1/2 cup	3/4 cup	1 cup
Salt	1/2 tsp	3/4 tsp	1 tsp
Olive oil	1/2 cup	3/4 cup	1 cup
Box of Triscuit crackers	1/2	3/4	1

: **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Rinse kale and basil. Prepare the blender.

Directions:

1. Begin by passing greens to each student, and instruct them to remove the leaves from stem and roughly chop.
2. Collect greens and add them to the blender.
3. Have student measure and add the parmesan and salt to the blender, and pulse until well combined.
4. Slowly add olive oil until mixture is creamy (add more olive oil if consistency is too thick).
5. Pass equal amount of pesto to each student and taste with the crackers.
6. Enjoy!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Avocado
- Oats (NUT & SESAME FREE)
- Cocoa powder (NUT & SESAME FREE)
- Baking soda
- Chocolate chips (NUT & SESAME FREE)

- Kale
- Basil
- Parmesan cheese
- Box of Triscuit crackers (NUT & SESAME FREE)

Ingredients in the bin:

- Olive oil
- Honey
- Salt
- Foil muffin tins

OBJECTIVES

- Identify three nutrients found in an avocado
- Discuss the importance of properly mixing ingredients
- Understand the health benefits of leafy greens

COOKING PRO

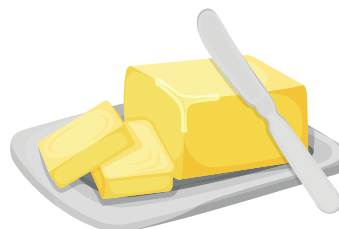
Smashed avocado is essentially guacamole—if we didn't want to make brownies, we could make a delicious snack! However, guacamole without flavor and seasoning can be a little bland. Brainstorm a list of ingredients that could be added to the avocado to make it more flavorful.



INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?
- What color connects these two recipes? Hint: The ingredients we are focusing on today are avocados, kale, and basil.
 - Answer: Green!
- Today we are going to specifically discuss the health benefits of leafy green vegetables.
- Can they guess why it is important to eat green fruits and vegetables? What do they do for our bodies? What sort of vitamins or minerals are in green fruits and vegetables?
 - As you are completing the Avocado Brownies recipe, discuss the Star Ingredient - avocados
- Did you know? In some countries, avocados are also called "butter fruit" because of their creamy texture and buttery flavor when ripe. That's why avocados are great in brownies, guacamole, spreads, salads, and sandwiches, adding a rich and smooth texture along with their distinct flavor.



STAR INGREDIENT : AVOCADOS

- Avocados are high in many nutrients, including: Folate, Vitamin K, Vitamin C, Vitamin E, Vitamin B5, vitamin B6, and potassium! Wow that is a lot!
- How many types of avocados are there? There are more than 80 varieties of Avocado.
- Which do you think has more potassium, a banana or an avocado? A banana has 422 mg of potassium per serving while an avocado has 708 mg of potassium per serving!
- Avocados are also high in omega-3s, a special type of healthy fat which is very good for your heart and brain.



DEVELOPMENT

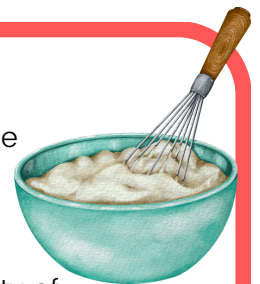
🕒 5-7 min

- As you are mixing the brownie batter, discuss the Star Technique.
- Ask students if they remember what the green pigment is called in fruits and vegetables? Remind them that we discussed this in one of the lessons with green bean fries and green smoothie.
 - The answer is chlorophyll!
 - As a reminder: Chlorophyll in plants helps to capture energy from sunlight during photosynthesis.
- Why are green fruits and vegetables beneficial for us? Let's discuss some of the green produce we are using in today's recipe:
 - All green leafy vegetables such as basil and kale that we used in the kale pesto recipe are packed with a nutrient called folate.
 - Folate helps the body produce red blood cells which carry oxygen to the rest of our bodies.
 - Folate also helps to produce DNA which tells our cells what to do.
- Ask students if they can name other leafy vegetables that are green in color?
 - Spinach
 - Cabbage
 - Bok choy



STAR TECHNIQUE: MIXING

- Mixing means using a utensil to combine two or more ingredients until they become one product.
- What tools do you usually use to mix? Spoon, spatula, stand mixer, hand mixer.
- What food do you usually mix? All ingredients can be mixed!
- Why mix? Incorporating different ingredients to make one product can give you a variety of different flavors and textures!
- Mixing can also refer to stirring. What is stirring? Stirring means mixing ingredients together with the use of utensils, without vigorous motion, until evenly blended.



END OF CLASS CHECKLIST

🕒 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal