

AVOCADO BROWNIES

Serving Size: 12 servings

Ingredients:

- ¼ cup mashed avocado (1/2 avocado)
- ¼ cup olive oil
- 1 cup oat flour (about 1 1/4 cup of oats blended)
- ½ cup cocoa powder (NUT FREE)
- ½ cup honey
- 1 tsp baking soda
- ½ tsp salt
- ½ cup water
- 1/2 cup chocolate chips (NUT FREE)
- 10 foil muffin tins for baking

PREP BEFORE CLASS:

Preheat oven to 375 degrees F. Pass muffin tins to each student.

Directions:

1. Demonstrate how to pit the avocado and remove ½ from skin. Have a student volunteer mash.
2. Have student helper measure and whisk together avocado and oil until the mixture is creamy and smooth.
3. Blend oats in the blender until it turns into oat 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 ¼ 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?

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



KALE PESTO

Makes 12 servings

Ingredients:

- 2 cups Kale
- 1 cup basil
- ½ cup parmesan cheese
- ½ tsp salt
- ½ cup olive oil
- ½ box Triscuit crackers (NUT FREE)

PREP BEFORE CLASS:

Rinse kale and basil.

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, 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!

DID YOU KNOW?

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

LESSON 11: GORGEOUS GREEN

OBJECTIVES

- ☑ Identify three nutrients found in an avocado
- ☑ Discuss the importance of properly mixing ingredients
- ☑ Understand the value of healthy fats in a well-balanced diet

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.



INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Healthy fats are usually plant-based oils, as well as fats from fish and seafood (which are omega 3's). These fats can be found in vegetable and nut oils, eggs, fish, avocados, nuts, and seeds. People often say that our diets shouldn't include much fat. However, our bodies need healthy fats in order to stay healthy and happy! Healthy fats are good for your blood, play a role in brain function, and have anti-inflammatory benefits.
- There are two main kinds of fat that we can find in our diets: unsaturated and saturated fat. Unsaturated fats are oils —the kind that are fluid at room temperature (such as olive and canola oils). Saturated fats are solid at room temperature (like a stick of butter or glob of coconut oil). You need both kinds in your diet, but the majority should come from unsaturated fats.
- Do you know some foods that are considered healthy fats? These fats help protect our heart while giving us lots of energy! Avocados and olive oil, both of which are used in today's recipes, are an excellent source of healthy fats.

DEVELOPMENT

🕒 5-7 min

- As you are completing the Avocado Brownies, discuss the Star Ingredient.
- Ask the class, are avocados a fruit or a vegetable? Avocados are actually a fruit! They have a large seed in the middle, the pit! It is possible to grow a whole new avocado tree from the pit, because it is the seed of the fruit.
- As you are mixing the brownie batter, discuss the Star Technique.
- Me-You-Us: 1. Teacher demonstrates how to stir. 2. A volunteer demonstrates 3. Class mixes the brownie batter.

LESSON 11: GORGEOUS GREEN

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 utensil, without vigorous motion, until evenly blended.

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.

TASTE TEST

🕒 2–3 min

- When the class is ready to taste food, complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see 5 Senses and 5 Tastes graphic)
- How would you describe the dish? Use 5 Tastes to describe or use adjectives from "Words to Describe Food Taste, Smell, or Texture" page at the beginning of the instructor guide
- Repeat this for the second recipe.

THUMBS UP TEST

🕒 2 min

- Carry out the Thumb Test: Thumbs up/thumbs to the side/thumbs down.
- If time permits students can share comments.
- Key Qs: How might you change the recipes, why do/don't you like it, were there any strong flavors or textures?

CLEAN UP & DIMISSAL

🕒 5 min

- Clean up the classroom. Allocate roles such as putting scraps and left overs in the trash, creating a pile of all cutting boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it - or better!
- Dismiss from classroom in an orderly line and follow school dismissal procedures.
- Any issues? Contact your Program Coordinator.

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- Umami