Nutrition Info
½ cup cubed avocado has 120 calories and provides vitamins A, C & E, potassium and folate.

Fun Facts
Avocados brown quickly, so cut just before using or sprinkle with lemon juice to preserve color. If making a guacamole or dip, leave the avocado pit in the dip to help preserve color.

The avocado is also called an Alligator Pear because of its pear-like shape and green textured skin.

Uses
Avocado is the key ingredient in guacamole! Cubed avocados can also be added to salsa or other fresh dips.

Mash 1/3 avocado and spread it on your sandwich in place of mayonnaise. Sliced avocados can also be added to sandwiches, wraps and burritos.

We Want to Hear From You!
Share your fruit and vegetable tidbits and tales and be entered into a drawing for a $25 gift certificate to the People’s Food Co-op! Each month we’ll ask a new question…and give you a new chance to win!

Here’s This Month’s Question:
NCAA March Madness is upon us again, which can make for even more “screen time” than usual (the average U.S. household has a television on for eight hours per day). Since snacking and viewing commonly go together, healthy munching options are definitely in order. So this month, we’re putting out the call for quick, tasty, and healthy snacks to eat home (or away)—preferably those that feature fruits and/or vegetables.

To Enter:
Answer this month’s question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month’s drawing, please send your response no later than March 31st, 2014 by e-mail to HOMstories@lacrossecounty.org or send us a Facebook message at www.facebook.com/GetActiveLaCrosseCounty
Avocado Brownies
Serves 12 (1/12th pan per serving)

**Ingredients:**
- 1 medium avocado
- 3 eggs
- 1 Tbsp. vanilla
- ¾ cup sugar
- 1 cup whole wheat flour
- ½ cup unsweetened cocoa powder
- 1/3 cup hot water
- 6 oz. vanilla yogurt
- 3 Tbsp. honey
- 3 Tbsp. chocolate chips

**Directions:**
Preheat oven to 350 degrees. Add avocado, eggs and yogurt to a mixing bowl; beat on high until combined. Mix in vanilla and sugar. In a separate bowl; add water to the cocoa powder and mix. Pour the chocolate into avocado combination; mix well. Stir in the flour and honey. Pour batter into an 8x8 inch greased baking dish and top with chocolate chips. Bake for 25-30 minutes or until set. Serve chilled. *(Store leftover brownies in the refrigerator!)*

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org