

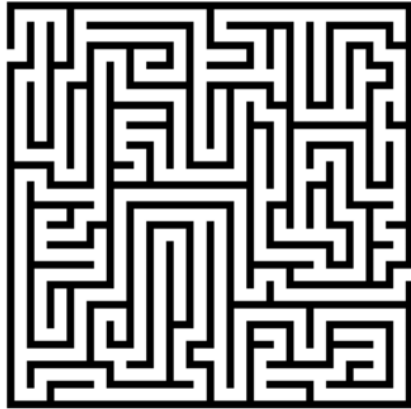


### March Your Way Into Spring!

Help Super Crew Kid Marcus scoot through this maze to get a tasty kiwi smoothie for St. Patrick's day!



- Marcus



Jessie

Power:  
Changes the form of objects.

Super Crew kid Jessie used her super powers to change up the letters in these words. Try putting them back together again!

VLOECR

PSRGNI

OTAPOT

VOACDOA

YCUKL

LODG

### Lucky Clover Veggie Tray

Super Crew kid Jessie needs help getting home by fueling up with green foods. These foods help her entire body be healthy, so she can jump her highest, run her fastest and think her best! She's in the mood for green peppers in celebration of St. Patrick's day. Help her make this snack into a 4 leaf clover for good luck on her trip. Fuel up with Jessie to get some extra luck & good health by making the bell pepper munchie for yourself!

#### What you'll need:

(Serves 1)

- 1 large green bell pepper
- 3 tablespoon plain Greek yogurt
- 1/8 teaspoon dry dill
- 1/8 teaspoon salt & pepper
- 1/8 teaspoon garlic powder (optional)
- Squeeze of lemon



Answer Key: Clover, Spring, Potato, Avocado, Lucky, Gold

1. Mix together the yogurt, spices, herbs and lemon to make your dip.
2. Cut the stem of the bell pepper off by slicing horizontally on the top of the pepper.
3. Continue to cut in this pattern to make a shamrock design.
4. Dip the bell pepper in your dip and enjoy!

### Avocad-O-Yeah!

Avocados are green, smooth, creamy, and a great source of healthy fat! Yum!

#### Try avocado three new ways:

**#1:** Avocado tastes great with egg salad. It is healthier than mayonnaise, so for every 1 Tbsp. of mayonnaise, substitute it with 1/4 of a medium avocado.

**#2:** Make baking fun and healthy! Substitute avocado for the butter for part or all the recipe. The ratio is the same for both!

**#3:** Toss 1/4 -1/2 of an avocado into your smoothie. It will create the creamiest texture and you will be begging for more!

