



Bodaciously Bold Fruity Smoothies + Fabulous Fruit Salad Salsa

By Dylan Sabuco , Erin Fletter

Prep Time 15 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

pour: to cause liquid, granules, or powder to stream from one container into another.

slice: to cut into thin pieces using a sawing motion with your knife.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

dice: to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

peel: to remove the skin or rind from something using your hands or a metal tool.

Equipment

- Blender (or pitcher + immersion blender)
- Liquid measuring cup
- Cutting board
- Kid-safe knife
- Citrus squeezer (optional)
- Large mixing bowl
- Measuring cups

Measuring spoons

Wooden spoon

Ingredients

Bodaciously Bold Fruity Smoothies

1 C strawberries, blueberries, or cherries

1 banana

1/4 C honey, maple syrup, or granulated sugar

1 C plain yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free yogurt)******

2 C water

1 apple or pear

juice of 1 lemon or orange

Fabulous Fruit Salad Salsa

1/2 C green or red grapes

1 banana

6 to 10 large strawberries OR 1/2 C blueberries, other berries, or a combination (your choice!)

1/2 C diced kiwi fruit, mango, pineapple, or a combination (your choice!)

2 Granny Smith apples

1 lime

3 to 4 T fruit jam (your choice!)

Food Allergen Substitutions

Bodaciously Bold Fruity Smoothies

Dairy: Substitute dairy-free/nut-free yogurt.

Fabulous Fruit Salad Salsa

Instructions

Bodaciously Bold Fruity Smoothies

measure + blend

Start by measuring and pouring **1 cup strawberries, blueberries, or cherries, 1 banana, 1/4 cup honey, 1 cup yogurt,** and **2 cups water** into a blender (or pitcher for use with an immersion blender). Next, slice **1 apple or pear** into chunks, avoiding the core. Place the apple or pear in the pitcher and blend until smooth.

slice + squeeze

Slice **1 lemon or orange** in half. Then, squeeze the juice into the smoothie. Quickly blend for a few seconds to incorporate the juice. Pour into cups and enjoy! Cheers!

Fabulous Fruit Salad Salsa

wash + slice + dice

Have kids wash all of the fruit first! Now, kids get to peel (if needed) and slice or dice **1/2 cup green or red grapes, 1 banana, 6 to 10 large strawberries OR 1/2 cup blueberries, 1/2 cup kiwi fruit, mango, or pineapple,** and **2 Granny Smith apples.** Have kids chop up everything into fine little bits! (We know that many fruit bites will make it into mouths when the kids are slicing and dicing, so buy extra fruit!) Add all of the chopped-up fruit to a large mixing bowl.

squeeze + stir

Cut up **1 lime** into wedges and let each child squeeze the lime juice onto the chopped fruit salsa (so the fruit will not turn brown). Then, have kids stir in **3 to 4 tablespoons of their favorite fruit jam.** Set to the side for all of the fruit flavors in your tasty fruit salad salsa to combine and get extra yummy! Enjoy with **Crunchy Cinnamon Chips!**

Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and

persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet. They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.