



## Bodaciously Bold Fruity Smoothies

By Dylan Sabuco

**Prep Time 5 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

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

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

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

### Equipment

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

### 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

## Food Allergen Substitutions

Bodaciously Bold Fruity Smoothies

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

## 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!

## 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.