



## Kid-Designed Un-Smoothies

By Erin Fletter

**Prep Time** 10 / **Cook Time** / **Serves** 4 - 6

## Fun-Da-Mentals Kitchen Skills

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

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

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**purée:** to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

**taste:** to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

## Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons

## Ingredients

### Kid-Designed Un-Smoothies

- ☐ 1 C frozen fruit (select 1: mango, bananas, raspberries, blueberries, pineapple, or orange, etc.)
- ☐ 1 to 2 C fresh fruit (select 1 to 3: mango, bananas, raspberries, blueberries, pineapple, orange, etc.)

- ☐ 1 vegetable (select 1: carrot, zucchini, avocado, or 1 handful spinach)
- ☐ leftover add-ins from "Make-N-Take" Healthy Holiday Family Granola (if made): untoasted oats, spices, vanilla extract, dried fruits, and chocolate chips
- ☐ 1/2 C plain Greek yogurt **\*\***(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free plain Greek yogurt)**\*\***
- ☐ 1 1/2 C milk or juice + more if needed **\*\***(for DAIRY ALLERGY use juice OR sub 1 1/2 C dairy-free/nut-free milk)**\*\***
- ☐ 2 T honey or maple syrup + more to taste
- ☐ 1/2 C ice

## Food Allergen Substitutions

### Kid-Designed Un-Smoothies

**Dairy:** Substitute dairy-free/nut-free plain Greek yogurt. Use juice instead of milk OR substitute dairy-free/nut-free milk.

**Other:** Check allergy substitutes in "Make-N-Take" Healthy Holiday Family Granola recipe if using leftover add-ins from the granola in the smoothies.

## Instructions

### Kid-Designed Un-Smoothies

choose + chop + grate

Have your kids choose **1 cup frozen fruit, 1 to 2 cups fresh fruit**, and **1 vegetable**. Chop or grate any fresh fruits and vegetables; frozen fruit can go straight into the blender.

add + purée + taste

Into your blender (or pitcher for use with an immersion blender), add **1/2 cup plain Greek yogurt, 1 1/2 cups milk or juice, 2 tablespoons honey or maple syrup, 1/2 cup ice**, the **chopped fruit and veggies**, and any **leftover ingredients** from the **"Make-N-Take" Healthy Holiday Family Granola** (if you made it). Blend on high until smoothie is puréed completely. Add more milk or juice if the smoothie is too thick. Taste and add more honey or syrup if needed before serving.

## Featured Ingredient: Fruit!

Hi! I'm Fruit!

"I'm the seed-bearing part of a flowering plant! A fruit's seed is what helps create more plants. Did you know that some foods we call vegetables are actually fruits and even nuts are a type of fruit!"

## Brief Overview & Etymology

There are more than 2,000 types of fruit, each with several varieties. For instance, there are over 7,500 varieties of apples. Not all fruit is edible. The ones that you cannot eat are either poisonous or too unpleasant to eat.

The Western world eats only about 10 percent of the Earth's fruit.

The word "fruit" comes from Middle English and Old French, from the Latin "fructus" (benefit, enjoyment, produce). It is related to the Latin "fruges" (crops or fruits of the Earth).

## Anatomy

Fruit has three main classifications: simple fruits, aggregate fruits, and multiple (or composite) fruits.

Simple fruits come from an ovary in a single flower with a single pistil. They may be dry or fleshy. Examples of dry simple fruits are legumes and nuts. Fleshy simple fruits include those classified botanically as berries (banana, citrus fruit, cranberry, grape, melon, squash, tomato), pome fruit (apple and pear), and stone fruit (apricot, cherry, peach, and plum).

Aggregate fruits grow from a single flower with several simple pistils. Each pistil has one carpel, and together, they form a fruitlet. Types of aggregate fruits include the blackberry, raspberry, and strawberry.

Multiple fruits are formed from flower clusters, including the fig, jackfruit, mulberry, and pineapple.

Some fruits are seedless or semi-seedless. These include bananas, pineapples, and some varieties of mandarin oranges, satsumas, table grapes, tomatoes, and watermelon.

## Culinary Uses

Edible fruit can be eaten fresh or made into compotes, syrups, or preserves, like jams, jellies, and marmalades. They can also be juiced to make a refreshing beverage.

Fresh, frozen, canned, or dried fruit can be added to cakes, ice cream, pies, yogurt, and savory dishes.

## Nutrition

Eating fruits with a lot of vitamin C, like oranges, will help your cuts heal faster. They can also make your teeth nice and strong.

Berries are purported to help improve nighttime vision.

Fruit contains antioxidants that can reduce your chances of getting cancer and other diseases.

Five servings of fruit and vegetables daily is a good way to stay healthy and strong.

Dried fruit is easy to store and transport and contains lots of fiber, but it has much more sugar than fresh fruit.

It is possible to use fruit juice in your cake or cookie recipe in place of some of the fat, adding to your fruit intake for the day in a sweet and tasty way.

Fruit juice can be a healthy choice, but whole or cut-up fruits add fiber to your diet. There is no fiber in juice unless it includes some pulp.