



Lime Fruit Smoothies

By Erin Fletter

Prep Time 10 / **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.

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

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Grater
- ☐ Liquid measuring cup

Ingredients

Lime Fruit Smoothies

- ☐ 1 lime
- ☐ 1/2 small zucchini
- ☐ 1 C fresh or frozen cherries, peaches, or berries
- ☐ 2 C milk ******(for DAIRY ALLERGY sub 2 C dairy-free/nut-free milk)******

- ☐ 3 frozen bananas
- ☐ sugar, honey, or stevia to taste

Food Allergen Substitutions

Lime Fruit Smoothies

Dairy: For 2 C milk, substitute 2 C dairy-free/nut-free milk.

Instructions

Lime Fruit Smoothies

zest + juice

Have your kids wash and zest the skin of **1 lime** with a fine grater (just the green part of the lime, not the bitter white pith) into your blender (or a pitcher for use with an immersion blender). Squeeze the lime juice from the same lime into the blender.

chop + measure

Have the kids chop **1/2 small zucchini** as finely as possible and add it to your blender. Then they can measure and add **1 cup cherries, peaches, or berries, 2 cups milk**, and **3 frozen bananas**. Put the lid on your blender and blend on high until smooth and thick.

taste + blend

Taste the smoothie. Does it need any sweetener? Have your children add **sugar, honey, or stevia** to taste. Blend again and drink up!

Featured Ingredient: Lime!

Hi! I'm Lime!

"Limes are citrus fruits just like lemons, but we're smaller, rounder, and green. And, while lemons are acidic and sour, limes are more acidic, less sweet, and have a more bitter flavor. We're often invited into the same places as lemons, but you'll probably find us in more savory than sweet dishes, although our Key lime sibling is famous for its pie!"

History & Etymology

Limes are the fruit of tropical citrus trees closely related to lemons. They are native to Southeast Asia. Currently, India, Mexico, and China produce the most limes globally.

In the 19th century, sailors drank their daily grog (beer or rum) with added lemon juice to prevent scurvy, a disease caused by a lack of vitamin C. Later, they changed to lime juice. British sailors were derogatorily called "limeys" because of their use of limes. Navies who prevented scurvy by their daily lemon or lime intake would have the advantage over a country's navy that did not use citrus in their diets.

There are several species of lime plants, and many are hybrids. The type of lime generally sold in grocery stores is the Persian or Tahitian lime, a hybrid of a Key lime and a lemon. The Key lime, native to Southeast Asia, is also known as the West Indian lime; however, the Key lime name comes from the Florida Keys, where it flavors their famous Key lime pie. Spanish explorers brought the lime to Florida in the 16th century. The Kaffir or Makrut lime is native to Southeast Asia and southern China. These three limes are the most widely produced worldwide, with the Persian leading the other two.

The English word "lime" comes from mid-17th century French from the Spanish "lima," from the Arabic *līma*, and the Persian "limu."

Anatomy

Since the Persian lime is the most popular, we will focus on its anatomy. The fruit is about 2.4 inches in diameter. It has no seeds, is larger, less acidic, and has a thicker skin than a Key lime.

A citrus fruit's "zest" is the green or yellow outermost layer of the peel (skin), which contains powerful flavor compounds. The "pith" is the spongy, white layer between the skin and the flesh and is quite bitter. Avoid the pith when zesting your fruit.

How to Pick, Buy, & Eat

Select limes that are firm and heavy (more juice!) with shiny, blemish-free, green skins.

Limes are fully ripe and juicier when they are yellow, not dark green; however, they are usually sold when they are green and have better flavor.

If you refrigerate your limes, they will last about two weeks. You can freeze lime juice to use at a later time.

The average lime contains one tablespoon of juice. Roll a room-temperature lime on the counter, adding light pressure, before cutting it open to get the maximum amount of liquid.

Limes are highly acidic, and this acid will react with different foods in different ways. For example, the acid will denature the proteins in fish and seafood, causing the fish to become firm and opaque, almost as if you had cooked it. The acid in lime juice can also curdle milk, and while it can cause green vegetables to turn a drab olive color, it will help vegetables such as potatoes and turnips maintain their white color.

You can substitute lime for lemon in a dish, but you will want to decrease the amount due to a lime's stronger flavor and acidity. For example, if a recipe calls for one cup of lemon juice, substitute three-quarters of a cup of lime juice.

Here are some foods you can add lime to (besides Key lime pie): limeade, dressings and dips, guacamole, salsa, lime curd, lime bars, sherbet, fajitas, tacos, chicken, fish, beef, and pork.

Nutrition

One lime has 32 percent of the daily value of vitamin C, which boosts immunity and helps your body heal. Citrus fruits, like lemons and limes, have citric acid, which can help prevent kidney stones from forming. Limes do not contain very much natural sugar. That's why they are so tart! Compared with an orange, another citrus fruit, a lime has one gram of sugar, and a small orange has nine grams.