



Sparkling Apple Soda for One

By Erin Fletter

Prep Time 5 / **Cook Time** / **Serves** 1 - 1

Fun-Da-Mentals Kitchen Skills

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

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

- Citrus zester or grater with small holes
- Cutting board + kid-safe knife (a butter knife works great)
- Citrus squeezer (optional)
- Liquid measuring cup
- Measuring spoons
- Drinking glass

Ingredients

Sparkling Apple Soda for One

- 1 C apple juice
- 1 can sparkling water
- 1 lemon

1/2 tsp sugar + more to taste

3 ice cubes

Food Allergen Substitutions

Sparkling Apple Soda for One

Instructions

Sparkling Apple Soda for One

add + zest + squeeze

Add **3 ice cubes** to your drinking glass. Wash and zest **1 lemon**. Slice the lemon in half and squeeze the juice into your glass. Add the lemon zest!

measure + pour + top + stir

Measure and pour in **1 cup of apple juice**. Top with sparkling water and **1/2 teaspoon of sugar**, then stir and taste. Add more sugar as needed. Cheers!