



Berry Delicious Soft Serve

By Erin Fletter

Prep Time 15 / **Cook Time** / **Serves** 1 - 2

Fun-Da-Mentals Kitchen Skills

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

freeze: to lower the temperature of a liquid or solid food below its freezing point to change its properties or to preserve it.

Equipment

- Blender (or immersion blender)
- Dry measuring cups
- Liquid measuring cup
- Measuring spoon
- 32 oz plastic container with lid

Ingredients

Berry Delicious Soft Serve

- 1 C frozen berries (your choice)
- 1/2 C heavy whipping cream ******(for DAIRY ALLERGY sub dairy-free/nut-free heavy cream OR coconut cream from top of full-fat coconut milk can)******
- 1 tsp sugar

Food Allergen Substitutions

Berry Delicious Soft Serve

Dairy: Substitute coconut cream, not milk, for heavy whipping cream.

Instructions

Berry Delicious Soft Serve

intro

If kids could create their own perfect or outrageous ice cream flavor, what would it be? What ingredients would they include?

add + blend + pour + freeze

Add **1 cup frozen berries**, **1/2 cup heavy whipping cream**, and **1 teaspoon sugar** to a blender (or 32 oz plastic container for use with an immersion blender). Blend until smooth, then pour into a container and chill in the freezer for at least 10 minutes. Top your cake, like **Cocoa Loco Berry Buckle Cake in a Mug**, with Berry Delicious Soft Serve!

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.