



Frosty Fruit Sorbet Blender Wizardry

By Erin Fletter

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.

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.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Blender
- ☐ Cutting board + kid-safe knife
- ☐ Citrus juicer (optional)
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup

Ingredients

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- ☐ 1 lemon
- ☐ 1/4 C granulated sugar
- ☐ 2 T cold water + more as needed
- ☐ 4 C or 16 oz frozen fruit (kid chef's choice)

Food Allergen Substitutions

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Instructions

Frosty Fruit Sorbet Blender Wizardry

squeeze + whisk + add

Squeeze the juice from **1 lemon** into a small bowl. Whisk in **1/4 cup sugar** and **2 tablespoons of cold water** until sugar dissolves. Add this to your blender along with **4 cups of frozen fruit**.

[blend + divide}

Blend until smooth! Add more cold water as needed until the sorbet is smooth and thick. Divide into small bowls or cups and enjoy immediately, or chill in the freezer until ready to eat!

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.