



Juicy Fruity Smoothies

By Dylan Sabuco

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.

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.

slice: to cut into thin pieces using a sawing motion with your knife.

Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus juicer (optional)
- ☐ Liquid measuring cup

Ingredients

Juicy Fruity Smoothies

- ☐ 2 T granulated sugar, brown sugar, honey, or 1 to 2 stevia packs
- ☐ 1 lime, juiced
- ☐ 2 C cold water
- ☐ 4 to 5 ice cubes
- ☐ Choose 3 of the following for 3 C of fruit in total:

- ☐ 1/2 C green or red grapes
- ☐ 2 kiwi fruit
- ☐ 2 bananas
- ☐ 6 to 10 large strawberries, blueberries, other berries, or a combination (your choice!)
- ☐ 1/2 C diced watermelon, mango, pineapple, or a combination (your choice!)
- ☐ 2 Granny Smith apples

Food Allergen Substitutions

Juicy Fruity Smoothies

Instructions

Juicy Fruity Smoothies

measure + slice + juice

In a blender (or pitcher for use with an immersion blender), measure **2 tablespoons of sugar**. Then, slice **1 lime** and squeeze it over the sugar in the blender. Roughly slice and add **all the fruit you chose** for the smoothie. (If making **Fabulous Fruit Salad Salsa**, you can also use any of the leftover fruits from that recipe.)

blend + pour

Finally, blend with **2 cups of cold water** and **4 or 5 ice cubes**. Keep blending until totally smooth. The ice will help break up any of the tougher fruit skin, like the grapes, for example. Pour into cups and slurp! Cheers!

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.