



Sweet Miso Sour Swirl Shakes

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

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.

pour: to cause liquid, granules, or powder to stream from one container into another.

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

Equipment

- Blender (or pitcher + immersion blender)
- Cutting board + kid-safe knife
- Citrus squeezer or juicer (optional)

Ingredients

Sweet Miso Sour Swirl Shakes

- 2 fresh or frozen bananas
- 1 T white miso paste **** (for GLUTEN/SOY ALLERGY sub 1 or 2 dashes coconut aminos)****
- 1/3 C brown sugar
- 2 C yogurt **(for DAIRY ALLERGY sub dairy-free/nut-free yogurt)****
- 1 C water
- 1/2 lemon, juiced

Food Allergen Substitutions

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Gluten/Wheat: For 1 T white miso paste, substitute 1 or 2 dashes coconut aminos.

Soy: For 1 T white miso paste, substitute 1 or 2 dashes coconut aminos.

Dairy: Substitute dairy-free/nut free yogurt for yogurt.

Instructions

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juice

Juice **1/2 lemon** into a blender.

measure + blend

Measure and add **1 cup water, 2 cups yogurt, 1/3 cup brown sugar, 1 tablespoon white miso paste,** and **2 peeled bananas** to the blender. Blend all the ingredients until smooth. Taste to be sure the flavor is equally sweet and sour.

pour + cheers

Pour the shake into cups and say a big "Cheers" in Japanese, "Kanpai!" (KAHN-pie).