

# Sticky Fingers Cooking®



## Tutti Frutti Slushies

By Erin Fletter

**Prep Time / 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.

**chop:** to cut something into small, rough pieces using a blade.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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

## Equipment

- Cutting board + kid-safe knife
- Blender
- Dry measuring cups
- Liquid measuring cup

## Ingredients

### Tutti Frutti Slushies

- 1 C mixed fruit (Your choice! Use any combination of fruit: berries, apples, pears, cherries, oranges, etc.)
- 1/4 C sugar
- 1 pinch cardamom
- 1 cup of ice

☐ 1 cup cold water

## Food Allergen Substitutions

Tutti Frutti Slushies

### Instructions

Tutti Frutti Slushies

chop + measure

Chop up **1 cup of mixed fruit** and add it to a blender. Then measure and add **1/4 cup of sugar, 1 pinch of cardamom, 1 cup of ice,** and **1 cup of cold water.**

blend + pour

Blend until Tutti Frutti Slush is smooth, adding more water if needed. Divide into cups and enjoy!

### 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.