



## Very Berry Apple Sparkling Juice for One

By Erin Fletter

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

### Fun-Da-Mentals Kitchen Skills

**chill:** to cool, not freeze, food or drink by putting it on ice or in a refrigerator.

**microwave:** to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

### Equipment

- Microwave
- Potholders
- Microwave safe mug
- Dry measuring cups
- Liquid measuring cup
- Spoon

### Ingredients

Very Berry Apple Sparkling Juice for One

- 1/4 C mixed frozen berries
- 1/2 C apple juice, divided
- 1/2 C sparkling water

### Food Allergen Substitutions

## Very Berry Apple Sparkling Juice for One

### Instructions

#### Very Berry Apple Sparkling Juice for One

measure + mix + microwave

Measure and add **1/4 cup frozen berries** and **1/4 cup apple juice** to a microwave-safe mug. Mix and microwave on high for 30 seconds.

measure + stir

Measure and stir in the remaining **1/4 cup apple juice** and **1/2 cup sparkling water**.

chill

If possible, refrigerate the Very Berry Apple Sparkling Juice for One while you make the **Bubbly Broccoli and Cheddar Casserole in a Cup**.

### 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.