

# Sticky Fingers Cooking®



## Very Berry Smoothies

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.

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

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

**peel:** to remove the skin or rind from something using your hands or a metal tool.

## Equipment

- Blender (or pitcher + immersion blender)
- Cutting board + kid-safe knife
- Liquid measuring cup
- Dry measuring cups

## Ingredients

### Very Berry Smoothies

- 1 C frozen berries (choose your favorite or a combination)
- 1 fresh orange
- 2 bananas
- 2 C milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- 1 C plain yogurt **\*\* (Omit for DAIRY ALLERGY or sub dairy-free/nut-free plain yogurt)\*\***
- 2 C ice

□ honey/sugar/agave syrup/stevia, to taste

## Food Allergen Substitutions

Very Berry Smoothies

**Dairy:** Substitute dairy-free/nut-free milk. Omit yogurt or substitute dairy-free/nut-free yogurt.

## Instructions

Very Berry Smoothies

chop + peel

Peel and chop **2 bananas** and peel **1 orange**, adding them to your blender (or pitcher for use with an immersion blender).

add + blend

Add **1 cup frozen berries, 2 cups milk, 1 cup yogurt, 2 cups ice**, and honey or other sweetener to taste. Blend until smooth!

## 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.