

# Sticky Fingers Cooking®

## Wondrous Watermelon Soda

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).

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

## Equipment

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

## Ingredients

### Wondrous Watermelon Soda

- 1/2 medium watermelon
- 1 lime (optional)
- 1/2 C sugar/honey/agave
- 4 C sparkling water

□ 2 to 3 C ice

## Food Allergen Substitutions

Wondrous Watermelon Soda

### Instructions

Wondrous Watermelon Soda

chop + squeeze

Chop up **1/2 watermelon** and add to your blender or a pitcher (for use with an immersion blender). Squeeze the juice of **1 lime**, if using, into the blender.

measure + blend

Measure and add **1/2 cup of sugar** to the blender with the fruit. Blend everything together until smooth. Add **4 cups of sparkling water** and stir. Taste and adjust flavors, then top with **2 to 3 cups of ice**.