



Icy Fruity “Saft” Sodas

By Erin Fletter

Prep Time / Cook Time / Serves 4 - 6

Equipment

Ingredients

Icy Fruity “Saft” Sodas

- 1 1/2 C frozen mixed berries
- 1 1/2 C apple juice
- 1 C sparkling water
- sugar to taste

Food Allergen Substitutions

Icy Fruity “Saft” Sodas

Instructions

Icy Fruity “Saft” Sodas

rinse + add + blend + enjoy!

Rinse out your blender. Then add **1 1/2 cups frozen mixed berries** and **1 1/2 cups apple juice**. Blend until smooth, adding more apple juice if needed to thin. Add **1 cup of sparkling water** and stir to mix. Taste and add sugar if you want your soda sweeter! 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.