



Berry Best Sweet Iced Fizz for One

By Erin Fletter

Prep Time 5 / Cook Time / Serves 1 - 2

Fun-Da-Mentals Kitchen Skills

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

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

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

- Drinking glass
- Measuring spoons
- Liquid measuring cup

Ingredients

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- 1 handful fresh raspberries, or frozen and thawed ****(for RASPBERRY ALLERGY sub blueberries)****
- 2 tsp sugar
- 1 C sparkling water
- ice

Food Allergen Substitutions

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Instructions

Berry Best Sweet Iced Fizz for One

mash + pour + stir

Mash **1 handful of raspberries** with **2 teaspoons sugar** at the bottom of a drinking glass. Pour **1 cup sparkling water** into the glass. Stir! Add **2 to 3 cubes of ice**, stir again, and Cheers!

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.