



## Berry Lovely Lemonade

By Erin Fletter

**Prep Time 7 / Cook Time 1 / Serves 1 - 2**

### Fun-Da-Mentals Kitchen Skills

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

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

**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.

**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.

### Equipment

- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Cutting board + kid-safe knife
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Citrus juicer (optional)
- ☐ Drinking glass

### Ingredients

#### Berry Lovely Lemonade

- ☐ 1/4 C fresh or frozen berries (use blueberries, raspberries, strawberries, blackberries, or mixed berries)

- ☐ 1 C water, divided
- ☐ 2 T sugar
- ☐ 1/2 C ice
- ☐ 1 1/2 large lemons

## Food Allergen Substitutions

Berry Lovely Lemonade

## Instructions

Berry Lovely Lemonade

chop + slice + add

Chop **1/4 cup fresh or frozen berries** into a small dice. Slice small berries in halves. Add **1/2 cup ice** and chopped berries to a drinking glass. (If kid chefs have frozen berries, they can add them to their microwave-safe mug, then microwave them, using the defrost setting, for 25 seconds.)

measure + add + microwave

Measure and add **1/4 cup water** and **2 tablespoons sugar** to a clean microwave-safe mug. Microwave for 45 seconds.

pour + slice + squeeze

Pour sugar and water mixture into the drinking glass with berries. Slice **2 large lemons** in half and squeeze the juice from **1 1/2 lemons** into the glass. Watch for seeds!

add + stir

Add **3/4 cup of cold water** to the drinking glass and stir. 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.