



Merry Lime Muddlers

By Erin Fletter

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

muddle: to press or crush ingredients, like fruit, sugar, and herbs, with a tool called a “muddler” so that all the fresh flavors are released when liquid is added.

garnish: to decorate a dish or plate of food to enhance its flavor or appearance, using things like parsley, fruit slices, or edible flowers.

Equipment

- ☐ Cutting board + kid-safe knife
- ☐ Measuring spoons
- ☐ Liquid measuring cup

Ingredients

Merry Lime Muddlers

- ☐ 2 limes
- ☐ 6 whole basil leaves
- ☐ 3 T sugar
- ☐ 6 to 12 zucchini slices
- ☐ 2 C cold water
- ☐ 2 C ice

Food Allergen Substitutions

Merry Lime Muddlers

Instructions

Merry Lime Muddlers

wash + roll + cut

Wash **2 limes**, then roll them under your hands before slicing them into wedges. Rolling them helps get the juices flowing and will make it easier to squeeze out the juice. Next, cut the limes into wedges.

smack + combine

Smack **6 basil leaves** between your palms. This helps warm the leaves and release their aroma. Next, combine the lime wedges, basil leaves, and **3 tablespoons of sugar** into a pitcher.

muddle + stir + garnish

Muddle the ingredients in the pitcher—which means to mix or jumble them up! Use a muddler or potato masher and get all the fresh flavors out of the lime, basil, and sugar. Add **2 cups of cold water** and **2 cups of ice**, stir and divide between cups. Garnish each cup with a **zucchini slice**!