



Sparkling Apple Soda for One

By Erin Fletter

Prep Time 5 / Cook Time / Serves 1 - 1

Fun-Da-Mentals Kitchen Skills

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!

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.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- ☐ Cutting board
- ☐ Kid-safe knife (a butter knife works great)
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Citrus squeezer (optional)
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Drinking glass

Ingredients

Sparkling Apple Soda for One

- ☐ 1 C apple juice
- ☐ 1 can sparkling water

- ☐ 1 lemon
- ☐ 1/2 tsp sugar + more to taste
- ☐ 3 ice cubes

Food Allergen Substitutions

Sparkling Apple Soda for One

Instructions

Sparkling Apple Soda for One

add + zest + squeeze

Add **3 ice cubes** to your drinking glass. Wash and zest **1 lemon**. Slice the lemon in half and squeeze the juice into your glass. Add the lemon zest!

measure + pour + top + stir

Measure and pour in **1 cup of apple juice**. Top with sparkling water and **1/2 teaspoon of sugar**, then stir and taste. Add more sugar as needed. Cheers!

Featured Ingredient: Apple Juice!

Hi! I'm Apple Juice!

"I'm the beautiful golden juice that is pressed out of apples! My cousin is Apple Cider. The difference between us is that I'm filtered so you can see through me!"

Apple juice and cider were first made thousands of years ago. The earliest record of it is from 100 BCE. Ancient Egyptians made it for medicinal and other uses. The Ancient Romans made fermented cider. The first commercially produced apple juice was in the late 1800s.

Apple juice is often made with a blend of different types of apples. Two common varieties are the Honeycrisp and McIntosh. Pure apple juice is unsweetened and 100 percent juice. If sugar and water are added, it is called a juice drink, punch, or cocktail.

To make apple juice, cleaned apples are first macerated by crushing or mashing them. The crushed apples are then put into a press to extract the juice. The juice is filtered to clarify it, pasteurized using heat, and bottled.

Unopened bottles of apple juice should be kept in a cool, dark place. Opened bottles need to be refrigerated to prevent bacterial growth.

Apple juice that is not filtered and may not be pasteurized is called apple cider in the United States and Canada. In other countries, apple cider may refer to fermented apple juice.

Apple juice is a beverage, but it also can be an ingredient in baked goods, braising liquids, glazes, dressings, drinks, and marinades.

Apple juice is 85 percent water and 10 percent natural sugar or fructose. It has a small amount of vitamin C naturally, but if it has been fortified, it is a good source of vitamin C.