



Strawberry "Shrub" Drinks

By Dylan Sabuco

Prep Time 5 / Cook Time 5 / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

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

Equipment

- Blender (or pitcher + immersion blender)
- Large pot
- Measuring tools
- Cutting board + kid-safe knife
- Cups
- Strainer

Ingredients

Strawberry "Shrub" Drinks

- 1/4 C apple cider vinegar
- 1/2 C granulated sugar
- 1 C fresh or frozen strawberries **** (for STRAWBERRY ALLERGY sub blueberries)****
- 1 C water
- 1 C orange juice

Food Allergen Substitutions

Strawberry "Shrub" Drinks

Strawberry: Substitute blueberries for strawberries.

Instructions

Strawberry "Shrub" Drinks

intro

Shrubs are drinks made using vinegar as the surprise ingredient. Sounds crazy, right?! This drink traditionally has sugar and fruit added to balance the sourness of the vinegar. For this version of a shrub, you will use apple cider vinegar for its high amount of flavor and natural slight sweetness. Combine that with orange juice, strawberries, and sugar, and you are in store for a tasty and unique sipping experience.

clean + chop

Rinse and chop the green top off of **1 cup of strawberries**, discarding the tops. Place the strawberries in a large saucepan.

measure + boil

Measure and pour in **1/4 cup apple cider vinegar**, **1/2 cup sugar**, **1 cup water**, and **1 cup orange juice**. Place the pan over high heat. Once boiling, reduce heat to low and simmer for 5 minutes.

scoop

Gather as many cups as you need to serve your family and fill them halfway with ice.

blend + strain

Turn the heat off. Then, using a blender (or pitcher for use with an immersion blender), blend all the contents of the saucepan. Strain the mixture to remove all the strawberry bits. Finally, pour the drink over the ice in your cups and enjoy! Cheers!