



Boujee Berry Syrup

By Dylan Sabuco

Prep Time 5 / **Cook Time** 10 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

Equipment

- Medium saucepan
- Dry measuring cups
- Liquid measuring cup
- Wooden spoon
- Spoon, for serving

Ingredients

Boujee Berry Syrup

- 2 C berries (blueberries, raspberries, strawberries or any other berry of your choice)
- 1 C granulated sugar
- 1 C water

Food Allergen Substitutions

Boujee Berry Syrup

Instructions

Boujee Berry Syrup

mix + simmer

In a medium saucepan, measure and mix **2 cups berries**, **1 cup sugar**, and **1 cup water** over medium-high heat. Simmer for 10 minutes. Cool for about 5 minutes before drizzling over pancakes or French toast, like our Crème Brûlée Fancy French Toast Sticks. Enjoy!

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.