



Brunchy Bunch Fancy Fizz

By Dylan Sabuco

Prep Time 5 / Cook Time / 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).

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

strain: to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

Equipment

- Pitcher
- Dry measuring cups
- Wooden spoon
- Fine mesh sieve or strainer
- Liquid measuring cup

Ingredients

Brunchy Bunch Fancy Fizz

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

Food Allergen Substitutions

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Instructions

Brunchy Bunch Fancy Fizz

smash + strain

In a large pitcher, measure **1 cup berries** and **1/2 cup sugar**. Smash the berries with a wooden spoon into the sugar until both are fully combined. Strain the mixture through a fine mesh sieve or strainer. Let's count in French while we smash: 1 un (uhn), 2 deux (deuh), 3 trois (twah), 4 quatre (KAH-truh), 5 cinq (sank), 6 six (sees), 7 sept (set), 8 huit (wheet), 9 neuf (neuhf), 10 dix (dees).

combine + pour

Combine the berry syrup with **3 cups sparkling water** and **1/2 cup water**. Stir to fully combine all the ingredients. Pour over ice and enjoy! "A votre santé" or "Cheers" (literally "To your health") in French!

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.