





LESSON 2: BLUEBERRY CRUMBLE & SMOOTHIES

BLUEBERRY CRUMBLE

Ingredient	Students Per Class		
	10	15	20
Filling:			
Blueberries	3 1/3 cups	5 cups	6 2/3 cups
Lemon juice	2 tbsp	3 tbsp	4 tbsp
Lemon zest	1 tsp	1 tsp	2tsp
Flour 	2 1/2 tbsp	4 tbsp	5 tbsp
Sugar	2 tbsp	2 1/2 tbsp	3 tbsp
Crumble:			
Butter, softened	3 tbsp	1/4 cup	1/3 cup
Brown sugar	1/2 cup	3/4 cup	1 cup
Flour 	3 tbsp	1/4 cup	1/3 cup
Oats 	1/2 cup	1 cup	1 1/2 cup
Cinnamon	1/4 tsp	1/4 tsp	1/2 tsp
Other: Foil baking cups, pinch of salt or to taste  : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Preheat oven to 375°F. Allow butter to soften.
Prepare the food processor.

Directions:

1. Have students assist with tossing blueberries with lemon juice and lemon zest. Have them use tongs or a large spoon!
2. In a small bowl, have students mix together indicated amount of sugar and flour and toss with blueberries until coated. Spoon into foil baking cups. Set aside.
3. Create the crumble: have students assist in measuring out all ingredients (flour, brown sugar, salt, butter, oats) and pulse in the food processor to combine. Spoon topping over the fruit in each baking cup evenly.
4. Bake for 20 minutes until the blueberries are bubbling at the edges.
5. Cool for a few minutes and serve! Enjoy!

DID YOU KNOW?


Blueberries are a rare example of food that is naturally blue in color. Other examples include blue corn and potatoes!



DID YOU KNOW?

Blueberries have been part of the human diet for at least 13,000 years!

MIXED BERRY SMOOTHIE

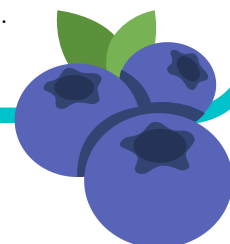
Ingredient	Students Per Class		
	10	15	20
Frozen raspberries	1 cup	1 1/2 cup	2 cup
Fresh blueberries	1 cup	1 1/2 cup	2 cup
Medium bananas	3	4 1/2	6
Plain Greek yogurt	1 cup	1 1/2 cup	2 cup
Milk	1/2 cup	3/4 cup	1 cup
Other: Cups for serving.  : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Prepare the blender. Wash fruit.

Directions:

1. Have students volunteer to measure and add the raspberries, blueberries, bananas, yogurt, and milk to the blender.
2. Blend until smooth, students can push the button to blend. Use rubber spatula to stir as needed.
3. If smoothie is too thick, add 1/8 cup water and continue to blend.
4. Pour smoothie mixture into cups.
5. Enjoy!



LESSON 2: BERRY POWERFUL

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients in the bin:

Ingredients to buy:

Fresh Produce

- Blueberries
- Medium bananas
- Lemons
- Frozen Raspberries

Dairy

- Plain Greek yogurt
- Butter
- Milk

Pantry Staples:

- Oats (NUT & SESAME FREE)
- Flour (NUT & SESAME FREE)
- Brown sugar

- Olive Oil
- Cinnamon
- Sugar
- Foil baking cups
- Honey
- Salt
- Pepper

OBJECTIVES

- ☒ Understand how important it is to eat lots of healthy fruits like berries!
- ☒ Learn about how blending changes taste and texture
- ☒ Explore other fruits that we can add to crumbles and smoothies

INTRODUCTION

⌚ 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes.
 - Have them guess what we might be making today.
 - Have they previously had all of these ingredients, or is there a new item?
- Discuss that today we are going to be making recipes that use berries. Fruits and berries not only add to our desserts but also provide essential vitamins, minerals, and fiber. So let's dive into the theory of using these nature's treats to create delightful and healthy desserts!
- Fruits and berries are a gift from nature, offering a wide range of flavors, textures, and colors. They are packed with natural sugars, which make them the perfect ingredients for sweetening desserts. Unlike processed sugars, fruits and berries come with the added benefits of vitamins, minerals, and antioxidants. Incorporating them into our desserts allows us to indulge in sweetness while nourishing our bodies.
- Enhancing Flavor and Texture: Adding fruits and berries to desserts not only enhances the taste but also introduces exciting textures.

STAR INGREDIENT:

BLUEBERRIES

- Blueberries are native to North America and have been consumed for thousands of years by Native American tribe
- The deep blue-purple color of blueberries comes from pigments called anthocyanins, which are powerful antioxidants.
- Blueberries are often referred to as a "superfood" due to their high concentration of vitamins, minerals, and antioxidants. They are considered one of the healthiest fruits.
- Blueberries are rich in vitamin C, which boosts the immune system and supports overall health.

ENGAGEMENT TIPS



While zesting the lemon, have each student take a turn. Count "1-2-3-4-5 PASS!" to keep it fun and moving



Before juicing the lemon, have students roll it on the table 5 times. Count "1-2-3-4-5 PASS!" Then squeeze into a bowl to catch seeds.



Do the blender dance! While the food processor mixes the crumble, let students dance by their chairs. When it stops, they freeze.

LESSON 2: BERRY POWERFUL

STAR TECHNIQUE: BLENDING

Blending is simply mixing or combining ingredients together!

- What are the benefits of blending?
 - When you blend fruits, vs juicing them you have the fiber intact. Fiber helps keep your tummy healthy.
- What food do you blend at home?
- You can create delicious smoothies, soups, sauces, and even desserts that are quick and easy to prepare by blending!



DEVELOPMENT

⌚ 7-10 min

- As you make the crumble, engage the students in discussion about other fruits that are tasty in a fruit crumble. Crumbles can be made with apples, blackberries, raspberries, peaches, plums, cherries, pears, rhubarb, and really any other fruit that you like! Many of them include lemon juice and zest. Why?
 - Lemon can enhance the flavors in other fruits!
 - Lemon juice and zest add brightness and depth to baked goods by enhancing the natural flavors of fruit. The acidity in lemon juice balances sweetness, preventing desserts from becoming cloying, while also intensifying the tartness of berries and other fruits. Meanwhile, lemon zest contributes aromatic oils that amplify fruity notes, making flavors feel fresher and more vibrant. Together, they create a well-rounded taste profile that makes fruit-based treats pop.
- Discuss star ingredient: blueberries!
 - Blueberries are like tiny superheroes for your body, filled with special nutrients that help keep you strong and healthy. They can boost your brain, keep your heart happy, and even help you remember things better. All berries are packed with goodness, giving you energy and vitamins while being super yummy to eat!
- As you start to make the smoothies, discuss star technique: Blending!
 - What's your favorite smoothie to make? What fruits would you put in it? Do you usually add berries?
 - Do you think blending makes food taste better or change the way it feels in your mouth? Why? The blender chops everything up really small!
- Why is it important to eat fruits like berries?
 - They help us to be powerful!
- Eating lots of berries is important because they're packed with vitamins, antioxidants, and fiber, which help keep your body healthy and strong. The antioxidants in berries protect your cells, keeping you feeling energetic and helping your immune system fight off sickness!



COOKING PRO

Adding a small pinch of flaky sea salt to finished baked goods can elevate the sweet, tart, and buttery flavors of baked goods! It is a simple but powerful flavor- packed step that brings out the best in any dessert. It can complement the richness of the butter, making it more flavorful with a deeper, savory edge. Just be sure to use only a small pinch — too much salt can overwhelm the dessert!

END OF CLASS CHECKLIST

⌚ 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal