Haggen ®

KIDS Cooking CLUB ♥

SERVES: 2

PREP TIME: 5 MIN

SKILL LEVEL:

REQUIRES USE OF:

KIWI SQUEEZE

INGREDIENTS:

4–5 kiwifruit, ripe

1 cup 100% white grape juice

1/2 cup Asian pear tea, decaffeinated, chilled (may substitute with water)

1 tablespoon fresh lime juice

ice

ITEMS TO GATHER:

apron

measuring cups

measuring spoons

cutting board

chef's knife

citrus squeezer

small bowl

2 glasses

fine mesh strainer

large mason jar with lid

GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

Place a fine mesh strainer on top of a small bowl. Cut each kiwi in half. Place one half of a kiwi into a handheld citrus squeezer. Hover the squeezer over the strainer, squeeze to remove as much juice as possible. Discard fuzzy skin. Repeat this step until you have collected 4 tablespoons of kiwi juice. Add the strained kiwi juice to the mason jar.

Next add the white grape juice, Asian pear tea [or water] and lime juice to the mason jar. Fill the jar 3/4 full with ice. Place lid on the mason jar and securely tighten.

Shake the mason jar vigorously until the contents have thoroughly combined and chilled. Pour equal portions into two serving glasses. If desired, garnish with slices of peeled kiwi.

ENJOY!

HELPFUL HINTS:

To ripen kiwifruit: Store in a paper bag on the counter top.

You can transform this drink into a creamy version by replacing the tea with coconut milk.

The juice of the kiwifruit may be substituted to fit personal preference or dietary needs.

FRUIT FACTS:

- Kiwifruit grows on vines like grapes and can reach up to 33 feet long!
- The outer skin of a kiwifruit is edible and nutritious!
- Kiwifruit originated in China and was called "Yang Toa" meaning "sunny peach"
- New Zealand was the first country outside of China to grow kiwifruit and called it Chinese Gooseberries
- Kiwifruit made its way to the United States in the 1960's where the name was changed to kiwifruit because of the resemblance to the brown, fuzzy kiwi bird
- California produces 98% of the kiwifruit grown in the United States!