

## BLUEBERRY CHEESECAKE CUPS

Ingredient	Students Per Class		
	10	15	20
Graham crackers, sleeve	1	1 1/2	2
Cream cheese	1 cup	1 1/2 cups	2 cups
Sugar	6 tbsp	9 tbsp	12 tbsp
Heavy cream	3/4 cup	1 cup	1 1/2 cup
Fresh blueberries	1 cup	1 1/2 cup	2 cup
Butter	5 tbsp	7 1/2 tbsp	10 tbsp

Other: Ziplock bag.

: **Make sure it is Peanut, Nut, and Sesame FREE**

### PREP BEFORE CLASS:

Melt butter by placing on top of oven (plastic bowl) or inside oven (metal bowl). Prepare the food processor.

### Directions:

1. Put graham crackers in a plastic bag and crush.
2. Give each student 2 tbsp of graham cracker crumbs in individual cups.
3. Mix in melted butter and combine. Press down to form a crust. Set aside.
4. Add cream cheese, half of the blueberries, and sugar to a bowl. Mix well.
5. Measure and add heavy cream to food processor. Mix until thick and smooth, but don't over mix.
6. Fold in whipped cream to cheese and sugar and slowly mix until thick and smooth.
7. Add cream filling on top of student's graham cracker base. Top with remaining blueberries.



### DID YOU KNOW?

Blueberries are a rare example of food that is naturally blue in color. Other examples include blue corn and blue 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	2 cup

Other: Cups for serving.

### PREP BEFORE CLASS:

Prepare the blender.

### Directions:

1. Measure and add the raspberries, blueberries, bananas, yogurt, and milk to the blender.
2. Blend until smooth. 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!

## SHOPPING LIST

Please see recipe for amounts, varies by class size

### Ingredients to buy:

- Graham crackers (NUT & SESAME FREE)
- Cream cheese, 8 oz
- Heavy cream
- Fresh blueberries
- Butter
- Frozen raspberries

- Fresh blueberries
- Medium bananas
- Plain Greek yogurt
- Milk

### Ingredients in the bin:

- Sugar
- Ziplock bag
- Cups for serving

## OBJECTIVES

- Explain at least one reason why blueberries are good for us
- Review the pigment found in blue fruits and vegetables
- Demonstrate how to effectively fold ingredients

## COOKING PRO

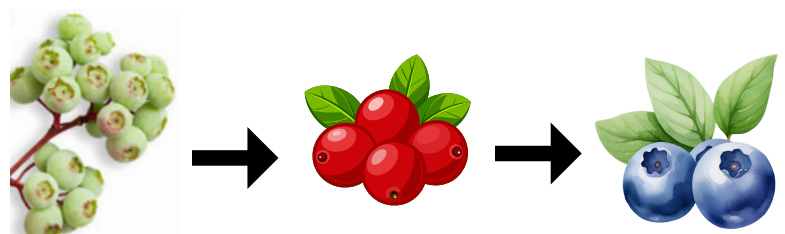
The most efficient way to blend is to load the blender in the following order: liquids first, then fruits and vegetables, and finally greens and ice. To make your smoothie bowl thicker, add more frozen fruit or ice. To make your smoothie bowl thinner, add more milk.



## 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?
- Today we are going to focus on a different color pigment of fruits and vegetables. Can they identify the produce that ties the two recipes together?
  - Answer: Blueberries!
- What color are blueberries?
  - Answer: Blue!
- Did you know? Blueberries start off green and turn reddish-purple before they become a deep blue pigment when they are ripe and ready to eat!
- Can they guess why it is important to eat blue fruits and vegetables? What do they do for our bodies? What sort of vitamins or minerals are in blue fruits and vegetables?
  - As you are completing the Blueberry Cheesecake Cups recipe, discuss the Star Ingredient - Blueberries




## STAR INGREDIENT: BLUEBERRIES

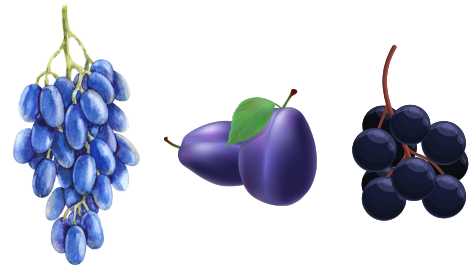
- Where do blueberries grow? Blueberries grow on bushes on almost every continent on earth. There are two types: the highbush and lowbush blueberry. The highbush can grow as tall as 13 feet high!
- Why are blueberries good for us?
- Vitamins C, K, A, E, B – keeps our bodies and minds happy and strong!
- Antioxidants – keeps our bodies safe from bad guys called free radicals and helps us heal when we are sick.
- Did you know? Blueberries are one of the only foods that are truly blue! This blue color is from anthocyanin, an antioxidant.



## DEVELOPMENT

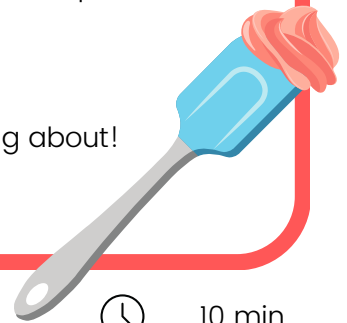
 5-7 min

- As you are completing the Berry Smoothie, recipe discuss Cooking Pro. Key Qs: Before you blend, ask the students what colors they see in the blender. Repeat this question after blending.
- Ask students if they remember what the blue pigment is called in fruits and vegetables? Remind them that this pigment is also found in purple and red fruits and vegetables like strawberries and dried cranberries.
  - The answer is anthocyanins!
- Why are blue fruits and vegetables beneficial for us? Let's discuss the blue produce we are using in today's recipe – blueberries:
  - Blueberries are dark in color because they are rich in polyphenols, which are antioxidants. In fact, blueberries contain more antioxidants than any other fruit or vegetable! Antioxidants are compounds that protect our cells from damage! Eating an antioxidant-rich diet helps keep you feeling healthy.
- Ask students if they can name other fruits and vegetables that are blue in color?
  - Blue grapes
  - Huckleberries
  - Blue plums
  - Elderberries




## STAR TECHNIQUE: FOLDING

- Folding is a gentler mixing technique than "stirring" and "mixing." It is meant to combine two mixtures of different thicknesses and weights into one mixture while retaining as much of the air as possible.
- What tools are used in folding? A bowl, rubber spatula.
- How to fold:
  - Add light ingredients to the heavy ingredients.
  - Gently scoop the bottom of the mixture over the top. That's the fold we're talking about!
  - Rotate the bowl and repeat.
  - Add more of the lighter mixture until everything is combined.



## 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