

STRAWBERRY-LEMONADE WITH CHIA SEEDS

Culinary Intro:	Refreshing and delicious, this lemonade has a surprise ingredient: chia seeds that gel up and add texture to the drink.
Nutrition Intro:	Add texture, dietary fiber and antioxidants to your lemonade with this refreshing recipe.

<p>Ingredients for 6 servings: Each serving = about 1 cup Cost per serving=\$0.55</p> <ul style="list-style-type: none"> • 1 liter water • 1 cup fresh strawberries, trimmed and sliced • 1/2 cup fresh lemon juice • 1/4 cup sugar • 3 Tablespoons chia seeds • 2 Tablespoons mint leaves, crushed (optional) <p>Steps:</p> <ol style="list-style-type: none"> 1. Combine water, lemon juice, strawberries, and sugar in a blender and blend until smooth. 2. Pass the liquid through a sieve to remove any pulp into a large pitcher. 3. Add chia seeds and mint. Let sit for one hour before serving to allow the chia seeds to gel up. 	<p align="center">Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%;"> <tr> <td style="text-align: center; vertical-align: middle; font-size: 2em;">1</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • making lemonade is very easy to make • trying using other fruits like mango, blueberries, blackberries or kiwi for different types of lemonades <p>Nutrition:</p> <ul style="list-style-type: none"> • Chia seeds are a member of the mint family. It is believed their origin comes from Central America, where chia seeds were part of the Aztecs diet. • Chia seeds are an excellent source of omega-3 fatty acids. They also provide important minerals such as calcium beneficial to bone health; zinc crucial for the immune system, magnesium and iron. • Chia seeds can be enjoyed raw in smoothies, yogurt, or cereal. They can also be cooked with a number of dishes. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle; font-size: 2em;">2</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • additional water can be added </td> </tr> </table>	1	<p>Culinary:</p> <ul style="list-style-type: none"> • making lemonade is very easy to make • trying using other fruits like mango, blueberries, blackberries or kiwi for different types of lemonades <p>Nutrition:</p> <ul style="list-style-type: none"> • Chia seeds are a member of the mint family. It is believed their origin comes from Central America, where chia seeds were part of the Aztecs diet. • Chia seeds are an excellent source of omega-3 fatty acids. They also provide important minerals such as calcium beneficial to bone health; zinc crucial for the immune system, magnesium and iron. • Chia seeds can be enjoyed raw in smoothies, yogurt, or cereal. They can also be cooked with a number of dishes. 	2	<p>Culinary:</p> <ul style="list-style-type: none"> • additional water can be added
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Nutrition Facts
 Serving Size 1/2 cup (107g)
 Servings Per Container 12

Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 2g	
Vitamin A 15%	• Vitamin C 80%
Calcium 4%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	30g	375g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Clean-up/Review comments

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. measuring cups 5. 1 large pitcher 6. 1 citrus squeezer 7. 1 sieve 8. blender 9. cups/ soufflé cups 10. paper towels 11. tablecloth 12. kitchen towel 13. gloves 14. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 pint strawberries <input type="checkbox"/> 6 limes or enough to make ½ cup of juice <input type="checkbox"/> fresh mint leaves
	<p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 package chia seeds <input type="checkbox"/> 1 small package sugar
	<p>Miscellaneous</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Gallon water <input type="checkbox"/> ice
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe • Label all mise en place items • Make sure to leave a portion of the produce intact for demo purposes • Prepare a large batch of water ahead of time to allow flavors to infuse water • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: ½ hour</p>	