



Iced Pineapple Twist

By Erin Fletter

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).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

taste: to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

Equipment

- Blender (or pitcher + immersion blender)
- Can opener (if using canned pineapple)
- Liquid measuring cup

Ingredients

Iced Pineapple Twist

- 1/2 C chopped fresh pineapple OR 1/2 C canned crushed pineapple with juice ******(for PINEAPPLE ALLERGY or sub 1 chopped green apple)******
- 1 banana ******(for BANANA ALLERGY sub frozen mango, avocado, silken tofu, or extra pineapple—see below for amounts)******
- 1 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- 1/4 C granulated sugar + more to taste (or 3 to 4 stevia packets)
- 1 pinch cinnamon

- 1 pinch salt
- 2 C water + more if needed
- 2 C ice

Food Allergen Substitutions

Iced Pineapple Twist

Pineapple: For 1/2 C chopped fresh pineapple or canned crushed pineapple, substitute 1 chopped green apple.

Banana: For 1 banana, substitute 1/2 C frozen mango, 1/2 avocado, 1/2 C silken tofu (if no soy allergy), or 1/2 C extra pineapple (if no pineapple allergy).

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Iced Pineapple Twist

measure + combine

Measure and combine **1/2 cup fresh or canned crushed pineapple with juice, 1 banana, 1 teaspoon vanilla extract, 1/4 cup sugar, 1 pinch of cinnamon, 1 pinch of salt,** and **2 cups water** in a blender (or pitcher for use with an immersion blender).

blend + adjust

Blend until smooth. Then, add **2 cups of ice** and blend again. Taste and adjust if it needs more sugar or water.

Featured Ingredient: Pineapple!

Hi! I'm Pineapple!

"When you see me, you can't help but think of a tropical paradise! I'm Pineapple, possibly the queen of tropical flavors—I even wear a crown! Of leaves, that is. Try slicing me and making a pineapple upside-down cake, or grill me to serve with pork or seafood. Also, I pair well with another tropical favorite, Coconut, in salads, desserts, and drinks!"

History & Etymology

Pineapple is one of the world's favorite tropical fruits. The wild pineapple plant is native to South America, originating in a river drainage area between southern Brazil and Paraguay. There is evidence that

indigenous people cultivated and used it in Peru as early as 1200 to 800 BCE. The Aztecs and Mayas grew it in Mexico sometime between 200 BCE and 700 CE.

Spanish and Portuguese explorers eventually discovered pineapple and introduced it to European and other countries in the east. In 1493, during Columbus' exploration of the Caribbean Islands, he came across pineapples growing on the island of Guadalupe.

The Spanish may have introduced the pineapple to Hawaii. Today, one-third of the world's pineapple comes from Hawaii.

The botanical name for pineapple is "Ananas comosus." It was called "ananas" by an indigenous South American people. European explorers may have called it pineapple because of its resemblance to the pine cone. The English word "pineapple" was first written down in the 17th century. Several languages still have the word "ananas" for pineapple.

Anatomy

Pineapples are the only edible members of the bromeliad family of plants.

The pineapple is not a single fruit but a multiple or collective fruit, with a cluster of 100 to 200 tiny fruitlets or berries.

A pineapple plant produces only one pineapple. The fruit grows slowly and can take up to two years to reach full size.

Unripe pineapples are incredibly sour and can be quite toxic. Pineapples do not ripen after harvesting, but they might turn more yellow if they were green.

You can grow a pineapple at home! If you want to give it a try, twist off the crown of a store-bought pineapple, allow it to dry for a few days, and then plant it.

How to Pick, Buy, & Eat

Bromelain, an enzyme in pineapples, breaks down proteins, which means you can use pineapple or pineapple juice as a meat tenderizer. For this reason, you can't add fresh pineapple to jelly or jello because it will break down the gelatin. To prevent this, you can boil pineapple chunks in their juice or use canned pineapple, which was heated during the canning process.

If you find yourself on a sailing trip in the tropics without any powdered cleanser, you could use pineapple juice mixed with sand instead.

Nutrition

Pineapples are good for you! They are an excellent source of vitamin C, which aids the body's immune system and wound healing, and manganese, which assists with bone formation and nutrient metabolism.

In addition, the pineapple's natural enzymes help you digest all of your food!