

Chinese New Year Brilliant Banana Beet Fritters + Lazy Lychee Glaze + Lucky Lychee Banana Milkshakes



chinese new year brilliant banana beet fritters

zest + squeeze + mix

Zest **1 lemon**. Slice in half and squeeze the juice into a small bowl. Mix together **1 C whole milk** (or milk alternative) with **1½ tsp lemon juice**.

peel + shred + slice or mash

Peel **4 bananas** and **1 beet**. Shred the beet and set aside. Slice or mash the bananas.

measure + whisk

Measure and whisk together **⅔ C flour**, **½ tsp baking soda**, **a big pinch of lemon zest**, **2 T olive oil**, and the **milk/lemon mixture**.

fold + fry

Fold the bananas and shredded beet into the batter, which should have the consistency of heavy whipping cream. Adults: Add **2 T olive oil** to a large skillet. Heat the skillet, then gently drop Tablespoons of batter into the skillet. Fry until golden brown on one side. Flip and fry the other side. Serve with **Lazy Lychee Glaze!**

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Family Fun Recipes

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lazy lychee glaze

measure + whisk + chop

Measure **2 T lychee syrup** from the can of lychee fruit and pour into a bowl. If you can't find lychee fruit, substitute mandarin oranges! Whisk in **2 T of powdered sugar**. The glaze should be pourable and somewhat thin. Add more powdered sugar until the consistency is right. Then chop up **3-4 lychee fruit** from the can into small pieces.

drizzle + sprinkle

Once **Banana Beet Fritters** are cool enough to handle, drizzle them with **Lychee Glaze** and sprinkle them with chopped lychee fruit! ENJOY!

lucky lychee banana milkshakes

measure + peel + blend + pour

Measure **1½ C canned lychee fruit** and add to your blender. Peel **1 banana** and add that, too. Measure and add **2 C milk** and **1 C ice**. Blend until smooth and uniform, then taste! Does it need more sweetness? Add a little lychee syrup from the can if it does and blend again. Then pour into cups and say **CHEERS** in Chinese 干杯 Gānbēi (pronounce it "Gahn-BAY").

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shopping list!

Brilliant Banana Beet Fritters

- 4 bananas
- 1 golden beet
- 1 lemon
- 1 C whole milk or milk alternative
- $\frac{2}{3}$ C AP flour
- $\frac{1}{2}$ tsp baking soda
- 2 T olive oil + more for frying

Lazy Lychee Glaze

- 2 T lychee syrup from canned lychees (or substitute mandarin oranges)
- 2 T - $\frac{1}{4}$ C powdered sugar
- 3-4 lychee fruit from can

Lucky Lychee Banana Milkshakes

- 1 can lychees in syrup
- 2 C whole milk (or milk alternative)
- 1 C ice
- 1 banana

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Let's Learn about Baking!

Baking skills & Tools!

Whisking is helpful to combine egg whites and yolks! We also whisk together dry ingredients to remove lumps for a smooth batter. Whisking means stirring or beating with a light, rapid movement using a fork or a wire whisk. It's all in the wrist!

Measuring is a fundamental skill in baking. Kids learn to use measuring cups and spoons with wet and dry ingredients, while also learning how to twist classic recipes with the additional of fun, healthy, and colorful ingredients!

Tools used in this recipe: Measuring Spoons, Dry Measuring Cups, Mixing Bowls, Spatula, Wet Measuring Cup, Whisk

Surprise Ingredient Facts + Chinese New Year Fun Facts:

Lychee fruit are native to Southern China! Fresh lychee are hard to find outside of Asia, but canned lychee are becoming easier to find in supermarkets and especially Asian markets.

The Lychee Tree is an evergreen bearing small, fleshy fruits with rough and inedible shells. Peel the pinkish red, textured shell to reveal a sweet, white, soft fleshed fruit that's as versatile as an apple in recipes. It can be used in cocktails, desserts, curries, salads, and more.

All around China, and in Chinatowns around the world, people celebrate the coming of a New Year in an explosion of light and sound. There are traditional lion dances, firecrackers to scare off evil spirits, bell ringing, and parades.

On the last day of Chinese New Year, everyone carries paper lanterns along the streets, which is supposed to light the way for the year ahead. This day is called Lantern Day. On Chinese New Year, everyone turns a year older!

Time for a laugh!

Why don't bananas snore? **Because they don't want to wake up the rest of the bunch!**

What would you call two banana skins? **A pair of slippers!**

What is the easiest way to make a banana split? **Cut it in half, silly.**

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