

# Cooking with Julia: Tooty Fruity Smoothie & Parfait



JULIA HANSEN

Wait a minute, are we making breakfast or dessert this week? The answer is either one, really. Both parfaits and smoothies are such flexible dishes they can range from simple to complicated and low calorie to fattening. Both of these recipes are the healthy versions, but if you've got a sweet tooth, feel free to change the yogurt to ice cream, granola to graham crackers or fruit to flavored syrup.

Parfait literally means perfect in French. I must agree with the French, though their idea of a parfait is very different than my version of a parfait, which also is different than an American parfait. A French parfait, according to the Food Network Web site's cook-

ing encyclopedia, is a "frozen custard dessert made with egg yolks, sugar, whipped cream and a flavoring such as fruit puree." The Web site states that an American parfait is a dessert made up of ice cream layered with flavored syrup or fruit and whipped cream then topped with whipped cream, nuts and a maraschino cherry. All right, the French and the American parfaits sound more fun than my parfait, but I can promise that mine is much healthier and can be eaten for dessert or breakfast.

I giggled when I first looked the word smoothie up in my Merriam-Webster's Collegiate Dictionary. The first definition says a smoothie (also apparently spelled smoothy) is a smooth-tongued person or a person with polished manners. Later it defines the drink as we all know it — a creamy beverage made of fruit blended with juice, milk or yogurt. Smoothies, like parfaits, come in many different flavors, colors and calorie totals. At Freshens in the Student Union Building, smoothies range from 89 calories (Strawberry Oasis Smoothie) to 474 calories (Peanut Butter Energizer Smoothie) in a 21-oz. serving. So whether you are starting your day with an energizing smoothie or finishing your night with a sweet and satisfying parfait, remember one thing — be creative with your ingredients.

And who knows, maybe you'll get lucky in this week of romance (don't forget Valentine's Day is Saturday) and be asked out to grab a smoothie with a smoothie!

## Fruity Smoothie

### Ingredients:

1 banana, cut into chunks  
1 teaspoon pure vanilla extract  
1 1/2 cups orange juice  
1/2 cup ice  
1/2 cup frozen blueberries  
1 cup vanilla yogurt or vanilla ice cream (about 2 scoops)

### Directions:

1. Combine all ingredients in a blender.  
2. Blend until smooth.

## Fruity Parfait

### Ingredients:

1 cup vanilla yogurt or vanilla ice cream  
1 cup frozen berries  
1 cup granola

### Directions:

1. Slightly thaw berries.  
2. Make small layers of the three ingredients in a tall glass.



## Locals embrace open-arm policy

Like any adolescent who constantly is preoccupied with everyone else's perceptions, I, too, was curious to see how the citizens of another country perceived my homeland. Getting the opinion of our southern neighbors ultimately surprised me: Generally, they really seem to like us.

As expected, most Mexicans are crazy about President Obama. In fact, I haven't met a single person here who is upset by his victory. Once, while I was walking with two other Americans, a street artist approached us and asked, "You all voted for President Obama, right?"

Granted, this is a perception based on individuals I've talked to and can't be applied to everyone. But where I expected to hear responses of Americans' ignorance and intolerance, I mainly heard open-armed welcome.

One person put it like this: America is Mexico's best friend. In spite of disagreements or mistreatment, there is no denying that having a very powerful country right next door has substantial benefits. He mentioned commercial trade and tourism along with money that Mexicans in the

U.S. earn and send home to their families, and said that without these factors, Mexico never could have become what it has.

That didn't surprise me much — it makes sense that there are economic benefits that would stir appreciation among business partners. But someone else's response left me stunned and even ashamed. This person said Mexico opens its doors to Americans every day. Americans in Mexico are welcomed and embraced, and no one here would dare refuse courtesy or hospitality to Americans.

I've seen this already. No sense of obligation drives the generosity I've experienced here — hospitality merely is a strong part of the culture that is given freely and without expectations. In what other country would my foreign friends and I have been invited for a weekend at the house of someone we barely knew which just happens to be one block away from a beach paradise?

The person I was talking to went on, however, to point out, what happens to Mexicans in America. They are treated with disrespect, closed doors, condescending remarks and repeated refusal.

In a country that has supposedly overcome its racial issues, there still is prejudice and favoritism among its citizens. Mexicans' love for Americans frequently is returned with rejection.

My heart breaks at the truth of his words. Here we rejoice that we have taken the biggest step in years to overcome racism but avert our eyes from the places where it still exists. A mentality exists in the U.S. that creates a dichotomy between "us" and "them," the boundaries of which repeatedly are being altered, and there is a mutual feeling of threat by anything or anyone that is different. Americans say they appreciate their diversity, but at the same time it terrifies them. They've forgotten about the richness that a varied society provides and think only of the dangers another prominent language or culture can cause.

Why can't we take a new perspective? Instead of seeing difference as a threat, let's see it as a benefit. I'm not talking about the economy and the workforce — I'm talking about individual people. Instead of being closed-minded, let's be open-armed like Mexico.



Kelly Schute



## Student Affairs OPEN FORUM

These forums will give students the chance to discuss the budget cuts for areas within Student Affairs.

### February 17 from 7:30-9:30

in SUB Alumni Room:  
University Counseling Center, Student Health Center, Disability Services, Multicultural Affairs

### February 18 from 7:30-9:30

in SUB Conference Room:  
Greek Life, Center for Student Involvement, Career Center

### February 19 from 7:30-9:30

in Georgian Rooms A & B:  
Residence Life, Student Union, and Recreation Center

For more information, call Student Affairs at (660) 785-4111 or e-mail [stuaff@truman.edu](mailto:stuaff@truman.edu).

## WHERE IN THE WORLD ARE TRUMAN GRADS? CAREER EXPO 2009

Full-time, Internship, and On-Campus Opportunities



## CAREER EXPO

### MONDAY, FEBRUARY 16

Deadline to upload résumé and apply for interview pre-selection on eRecruiting. (Additional slots may be available at Expo)

### WEDNESDAY, FEBRUARY 18

EXPO CRASH COURSE  
6:00PM- 7:30PM  
Sign Up at [pdi.truman.edu](http://pdi.truman.edu)

## EXPO 411

### MONDAY, FEBRUARY 23

11:00AM- 4:00PM  
VH COMMONS

Résumé Critiques  
Mock Interview Sign-Up  
Expo Registration  
How To Approach an Employer  
Professional Dress  
Popcorn & Soda

### TUESDAY, FEBRUARY 24

EMPLOYER MOCK INTERVIEWS  
Sign Up and drop off your résumé in the Career Center

### WEDNESDAY, FEBRUARY 25

CAREER EXPO  
1:00PM- 5:00PM SUB  
Register at [career.truman.edu](http://career.truman.edu)

### THURSDAY, FEBRUARY 26

EMPLOYER INTERVIEWS  
8:00AM- 5:00PM SUB