

Patriotic Pops

You need:

Red, white and blue sports drinks

Popsicle molds or plastic or paper cups

Food safe popsicle sticks

Directions:

1. Fill $\frac{1}{3}$ of your mold with the red sports drink. Freeze for about 2 hours. Check on them after an hour and straighten the popsicle stick to be sure it is centered.
2. Now that the red layer is frozen, pour the white sports drink on top of the red layer. Try and make it $\frac{1}{3}$ of the mold so your layers are even. Freeze two more hours.
3. Now fill the remainder of your mold with blue sports drink and freeze for another 2 hours.
4. Once your pops are frozen, hold the plastic part of the mold under running hot water for about 10-15 seconds to loosen your popsicles from the mold. Carefully pull on your stick and they will slide right out.