



Mad Scientist Luminous Lemonade

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

Equipment

- ☐ Pitcher
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Whisk or wooden spoon

Ingredients

Mad Scientist Luminous Lemonade

- ☐ 2 tsp baking soda
- ☐ 1/2 tsp turmeric powder
- ☐ 3 lemons

☐ 1 C granulated sugar

☐ 4 C water

☐ 2 C ice

Food Allergen Substitutions

Mad Scientist Luminous Lemonade

Instructions

Mad Scientist Luminous Lemonade

intro

This drink will be a fun experiment for you and your kids! Combining baking soda and lemon juice will create a bubbly reaction, almost like sparkling water. Using this idea, let's combine lemonade, baking soda, and a bit of turmeric powder (for its yellow color and health benefits of improved blood flow and inflammation reduction) for a bubbling, mad-scientist concoction!

slice + measure

Measure **2 teaspoons baking soda** and **1/2 teaspoon turmeric powder** into a pitcher. Then, slice **3 lemons** in half and squeeze all the juice into the pitcher and watch the bubbles go crazy!

measure + stir

Measure **1 cup granulated sugar** and **4 cups cold water** in a liquid measuring cup or bowl. Stir the water and sugar until the sugar is fully dissolved. Then, slowly pour the water and sugar into the pitcher of fizzy, yellow lemon juice.

pour

Divide **2 cups of ice** between all your cups. Then, pour the Mad Scientist Luminous Lemonade over the ice and drink! Cheers!

Featured Ingredient: Baking Powder and Baking Soda!

If you don't use yeast or eggs to make a baked good rise, you must use a chemical leavening agent. For this purpose, you can use either baking soda, baking powder, or a combination of both. Adding them to baked goods before baking produces carbon dioxide, a gas, causing them to "rise."

Baking soda contains only one ingredient: sodium bicarbonate. It begins to act as soon as it touches an acid, like lemon juice or vinegar. Baking powder, however, doesn't fully activate until the dough is heated.

Baking powder includes baking soda, cream of tartar (an acid), and a starch, like cornstarch. The starch

prevents the bicarbonate and acid from prematurely reacting. Baking powder comes in two forms: single-acting and double-acting. Single-acting activates with moisture, so you need to bake the dough right after mixing. Double-acting works in two stages. Some gas releases before baking when the powder is added to the damp dough, but most releases while the dough is heated during baking.