

Kids Drink: Pukeko Powerade!

With a steady hand and some colourful non-alcoholic beverages, you can create a tasty, red-white-and-blue pukeko-inspired drink.

The secret is to select liquids with varying amounts of sugar, since those that contain more (such as fizz) are denser than those with less (such as diet drinks). This makes it possible to stack one on top of another (for a little while - then they'll start to blend).

Here's how to serve up a leggy red, white, and blue thirst-quencher:

Ingredients:

Ice cubes
Cranberry Juice
Blue-coloured sports drink (eg, Mountain Blast flavoured Powerade)
Diet Lemonade

Instructions:

1. Fill a clear glass with ice cubes. Pour the drink with the most sugar (check the nutrition label) into the glass. For this red, white, and blue recipe, this means the cranberry juice.
2. Very slowly add a beverage that contains less sugar - in this case, the Powerade. Be careful to pour it onto an ice cube - not directly into the other drink - to keep them from mixing.
3. Use the same technique to add a final 'white' layer of Diet Lemonade. Garnish with a couple of 'red bendy straws' for legs.



Pukeko Popsicles

Ingredients:

1 small packet blue-coloured jelly

Instructions:

1. Make up the jelly according to packet instructions, making sure that it dissolves thoroughly.
2. Pour into popsicle moulds, and freeze.
3. For a more colourful, layered alternative: use a red jelly layer and a milk/plain sweetened yoghurt mix layer, freezing each layer before adding the next.



Printed from: **Te Pukeko** The Swamp Mafia of Aotearoa

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