

**Directions:**

**Step 1:** Add 3 teaspoons of soft icing sugar to a medium sized bowl.

**Step2:** Next add 1 teaspoon of citric acid.

**Step 3:** If you wish for your sherbet to be flavored you might choose to add 2 teaspoons of raw Jell-o crystals or pop rocks

**Step 4:** For different colors you can add food coloring

**Step 5:** Mix well and serve

**The Science Behind what makes Sherbet Fizz**

Typically, when the citric acid and bi-carbonate mix together

with the saliva in the mouth it releases a gas, which causes a

fizzy chemical reaction. A similar fizzy reaction can be achieved

with just the use of citric acid and saliva. The icing sugar

sweetens the mixture.

**Picture:**



**Fizzy Sherbet**

**Materials:**

-Soft Icing Sugar *(sugar powder)*

-Citric Acid *(sour salt)* for Baking
-Food Coloring
-Jell-o Crystals / Pop Rocks *(optional)*

-Cups or Ziplocks

-Bowl
-Knives or spoons for mixing