

Happy New Year

New Year's So Sweet Drink

Ingredients:

3 liquids of varying density

Bottom layer (around 30-40g of sugar): syrup, cranberry juice, grape juice

Middle layer (around 15-20g of sugar): sparkling juice, some Gatorades, some juices

Top layer (close to 0g grams of sugar): Vitamin Water Zero, club soda, diet lemon-lime soda

Procedure:

1. Add ice to tall glass (helps to see the different layers)
2. Slowly pour the densest liquid down the side of the glass filling about a third of the glass
3. Slowly pour the middle liquid down the side of the glass filling the next third of the glass
4. Slowly pour the least dense liquid into the glass to fill up the top third of the glass
5. Admire your drink and the different layers!
6. Remember to stir before drinking to incorporate all the layers
7. Feel free to experiment with many different liquids to make different drink concoctions!
8. Have fun!