

SOMETHING YUMMY: BUG JUICE

While s'mores and grilled cheese can be debated as the campiest foods, there is one reigning beverage of choice at camp: bug juice. A staple in the health center and a frequent addition to most meals, we encourage you to make this but just like at camp, for every glass you drink of bug juice, you should drink 2 glasses of water.

Ingredients:

- A packet or two of your favorite flavored powdered drink mixes. We love fruit punch at camp.
- Water
- Sugar (optional, to taste)
- Food coloring (optional)
- Sprite/7-Up (optional)
- Gummy bugs (optional, but encouraged)

Directions:

1. Pour your powdered drink mixes into a pitcher
2. Fill pitcher up $\frac{3}{4}$ of the way with water and stir
3. Add small amounts of sugar to taste, stir and taste as you go
4. Add food coloring if desired, and stir
5. Optional: Add one part water one part soda to make bubbly bug juice
6. Add gummy worms or bugs to your yummy concoction!