

KRYPTONITE KANDY

IT GLOWS!
BY BECKY STERN

ALL AGES
ADULT SUPERVISION



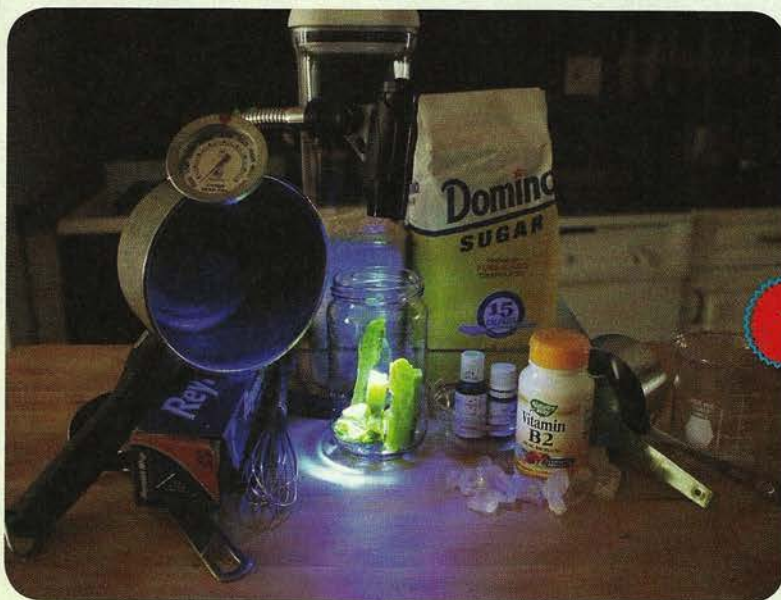
Using just a few ingredients, you can make Kryptonite Kandy, a sweet treat that glows an eerie fluorescent green under ultraviolet light.

COOK YOUR CANDY

1. First, gather your ingredients: sugar, Electric Green food coloring, your favorite flavored oil, and vitamin B2 capsules — the magic touch that makes the candy fluoresce. You'll also need a stove, heavy pot, whisk, candy thermometer, aluminum foil, quartz crystals to make the molds, and some dry rice in a pan to hold up the molds.

2. Before cooking, prepare your molds by covering the quartz crystals in aluminum foil, then carefully pulling the foil apart, leaving an impression. You can also make long strips of candy by folding the foil lengthwise and curling up the ends so the candy doesn't leak out.

Set your molds into the pan of rice to maintain their shape.



MATERIALS

SUGAR, 1¼ CUPS

WATER, ⅝ CUP

VITAMIN B2 CAPSULES (3) You can also use solid tablets if you grind them into a fine powder first.

FOOD COLORING, AMERICOLOR
ELECTRIC GREEN SOFT GEL PASTE

FLAVORING OIL Mint or apple will match the green color.

TOOLS

MEASURING CUP, CUP, LADLE,
HEAVY POT, WIRE WHISK, BAKING PAN

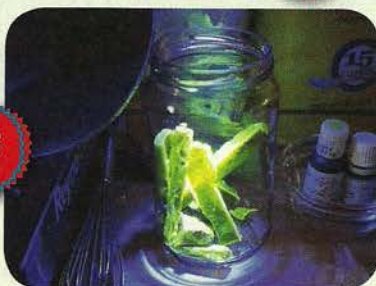
CANDY THERMOMETER

QUARTZ CRYSTALS or other
kryptonite-shaped form

UV FLASHLIGHT

RICE

STOVE



3. In a cup, empty 3 capsules of vitamin B2 into ⅝ cup of water, and stir to dissolve. Measure out 1¼ cups of sugar, and combine it in the pot with the B2/water mix.

4. Set the pot over low heat and mix the sugar to dissolve, monitoring the solution's temperature with the candy thermometer. Cook slowly to avoid scorching the sugar.

When the solution reaches 200°F, stop mixing and wait for the temperature to reach 300. Remove the pot from the heat immediately.

CAUTION: Hot molten candy can cause serious burns. Cook this up with adult supervision only.

5. Now it's time to work fast. Add your food coloring and flavoring and quickly stir, then ladle the mixture into your molds.

6. Wait until the candy has solidified, and carefully pull the pieces from the molds by tearing away the aluminum foil. You can also break the larger pieces up into smaller pieces.

To check that the candy glows, put it to the test under the UV flashlight. Congratulations, you've made UV-sensitive Kryptonite Kandy. Enjoy!

Serve your Kryptonite Kandy at a party under a black-light bulb or with the UV flashlight. It's a fun, spooky treat for Halloween. To keep the candy glowing its brightest, store it in an opaque container.

This project is originally by BrittLiv on Instructables (instructables.com).

Becky Stern is head of the wearable electronics group at Adafruit Industries.

