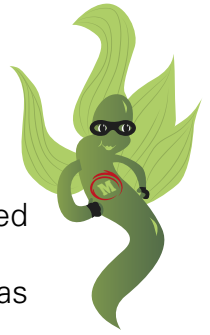


GULU & MANU RECIPES

FLAVORED «EARTHWORMS»



Hello, it's us, Gulu and Manu, the superheroes of Algaia!

With our recipes, we will get you to know a great product found in brown seaweed from Brittany: **ALGINATE**.

Surprise your parents by making them ... «earthworms» with all the syrups or aromas you have at home, I trust your creativity!

MANU & GULU'S KIT



Calcium Chloride powder



Alginate powder



1 Syringe

TO FIND IN YOUR KITCHEN

X 3



Bowls



Measuring cup



Mixer



Skimmer or colander

THE RECIPE



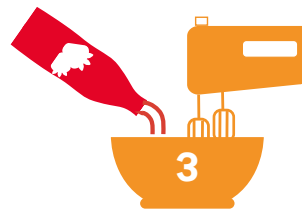
In the first bowl, pour the Calcium Chloride and 1 liter of water. Stir well until the powder is completely gone.



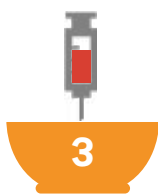
Prepare another bowl with just water. This will be to rinse your earthworms.



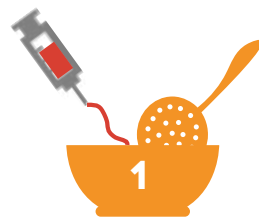
In the last bowl, pour the Alginate powder into 0.5 liters of water.



Add syrup or any flavor or color (about 50 ml) to add flavor or color to your worms and mix with a mixer or blender.



With the syringe, drop the alginate mixture into the calcium chloride container. After 1 minute, take out the worms thus formed using a skimmer



Rinse the worms with water for 15 seconds and taste them! Have fun using secret aromas to surprise your family! You can also make beads or other shapes using a spoon instead of the syringe.



For an additional superhero challenge, film yourself making your «earthworms» and send your video in MP4 format to cbo@algaia.com!

