

These Homemade Fizzy Lollipops Are a Throwback Candy Dream

Let me walk you through how I whip up these fizzy treats at home.



OVEN
300°F

TIME
30 min

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INGREDIENTS

1 cup granulated sugar
¾ cup light corn syrup (or honey for a natural twist)
... cup water
1 packet unsweetened Kool-Aid (any flavor)
... teaspoon baking soda
Lollipop sticks
Candy molds or parchment paper

DIRECTIONS

1. **Make the Candy Base:** In a medium saucepan, I combine the sugar, corn syrup, and water. I stir over medium heat just until the sugar dissolves and the mixture starts to look clear.
2. **Once that happens,** I stop stirring and let the mixture boil. I clip on a candy thermometer and wait until it reaches 300°F, known as the hard crack stage. This takes about 10 to 15 minutes - and yes, patience is key here. I don't walk away from the stove during this part.
3. **Add the Kool-Aid and Baking Soda:** When the mixture hits 300°F, I take it off the heat immediately. Then I stir in the Kool-Aid packet and the baking soda. Be warned: the mixture will bubble up as the baking soda reacts - that's exactly what we want. I stir carefully and quickly to make sure everything dissolves evenly.
4. **Pour and Shape:** I immediately pour the hot candy mixture into lollipop molds or drop it by the spoonful onto a parchment-lined baking sheet. I work fast - this mixture hardens quickly.
5. **As I go,** I insert the lollipop sticks and twist them gently to coat the base of each one. This helps the candy grip the stick as it cools.
6. **Cool and Harden:** I let the lollipops cool completely at room temperature, usually about 10-15 minutes. As they set, the fizz develops and the surface turns shiny and smooth.
7. **Once they're cool,** I pop them out of the molds or gently peel them off the parchment. They're ready to enjoy immediately or wrap for later.

