

Edible Finger Paint!

Note: This stains clothing. Use less food coloring for less stains.

- 1 cup cold water
- 1 cup flour
- 1 cup boiling water
- 2-3 drops of food coloring per container
- Paper or high chair tray

Directions:

- In a large mixing bowl, mix cold water and flour. Heat water to a boil, measure 1 cup and pour in slowly, stirring quickly to reduce lumps. If it's really lumpy you can put in a blender or food processor.
- Pour into sealable containers, add food coloring 1 drop at a time until you get the color you want. (More color leads to more stains)
- Depending on your child's age, have them paint on their high chair tray or on paper. Put containers on a table. If you are worried about spills, put down newspaper. Then the exploring begins!

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