

Edible Paint

Ingredients –

- Greek Yogurt
- Food colouring
- Bowl
- Whisk
- Paint brush and paper



Method:

1. Simply mix your food colouring and Greek yogurt together in a bowl

**This paint can be stored in an airtight container for around a week*

Benefits:

- Develop fine motor skills whilst mixing and pouring
- Enable decision making - does the mixture need more colour or do you want more than one colour, if so, what colours do you want to choose? Allow children to control and to use their own judgment.
- Sensory experience and science experiment - can explore the elements, taste the elements.
- Be calm and creative activity
- 100% Taste safe

