

Creamy Yoghurt Edible Paint Recipe

You Will Need:

Large containers of plain yoghurt for each different colour

Food colouring

Variety of different food essences and flavourings: lemon, strawberry, aniseed, etc.

Paper for finger painting (any colour)

White paper for printing

Spoons for mixing



Activity:

1. Mix a food essence and matching food colouring into a plain yoghurt container.
For Example:
Mix yellow food colouring with lemon essence.
Mix red food colouring with strawberry essence.
Mix blue food colouring with aniseed essence.
2. Take a large sheet of white paper and spoon various colours on top of it and begin finger painting.
3. Children can have fun tasting, smelling and feeling the cool, creamy yoghurt.
4. Ask the children to take a print of their finger painting by placing a white sheet of paper on top of their artwork, then rub gently (waiting ten seconds) and slowly pull apart.
5. Allow the paintings to dry completely.

You Can Also Do:

Finger paint on old table tops or chairs instead of using paper.