



Fruit Edible Paint Recipe

You will need:

Yoghurt
5 spoons
5 bowls
Apples
Strawberries
Pears
Plums
Oranges
Food colouring – purple, red, green, orange
Paper
Tin foil

Method

1. Scoop 2 spoonfuls of yoghurt into each bowl.
2. Add some food colouring to each one, depending on what fruit you are using.
3. Cut up and then mash the fruit as much as possible and add to the correct coloured yoghurt e.g. strawberries to red coloured yoghurt.
4. For the apple you can choose red or green.
5. Lumps of fruit can be left in the paint if the child is OK to swallow lumps.
6. Let the children explore the paint on the paper or on tin foil.

