

fun with food

EDIBLE/NATURAL PAINT

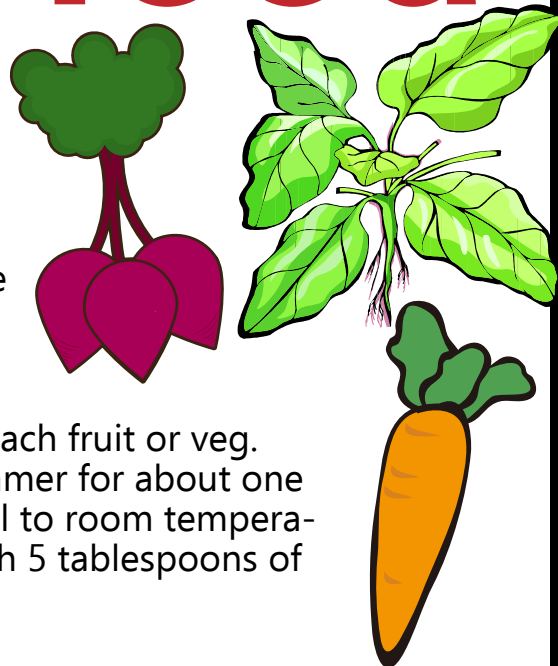
COLORS

Any leafy green, spinach, kale = Green

Strawberries, beets, raspberries = Red

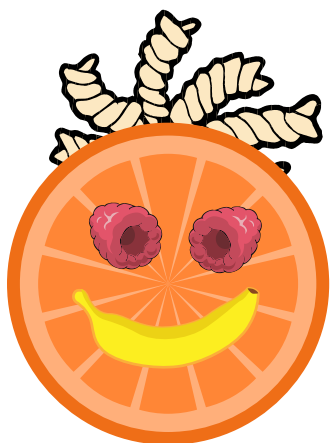
Blueberry, blackberry, red cabbage = Blue / Purple

Carrots, orange peppers = Orange



MAKE THE PAINT

In a small pan, mix 2 cups of water with 1 cup of each fruit or veg. Bring to a boil over medium heat and leave to simmer for about one hour. Turn off the heat and allow the water to cool to room temperature. Strain the juice. Mix one teaspoon of dye with 5 tablespoons of corn starch.

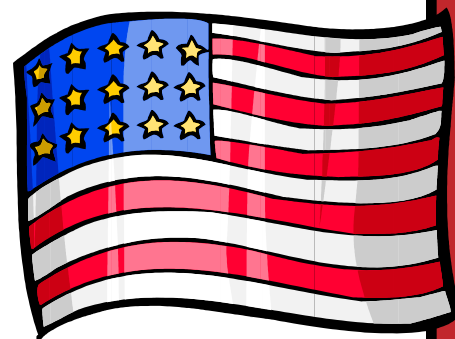


FOOD FACES

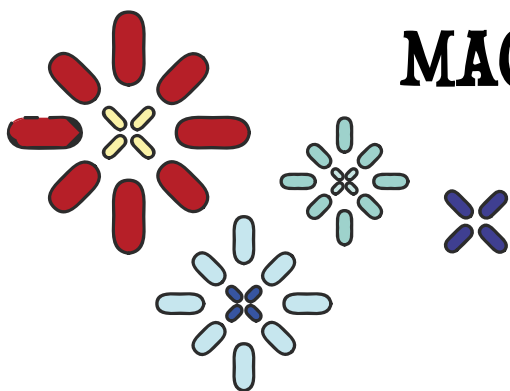
Find food around your house and use it to make faces. Use pasta, dried beans, crackers, bread, sliced veggies, candy and more. Take photos and send to your friends. Make it a contest! Who makes the best (and tastiest) faces!

FLAG CAKE

Use fruit and frosting or whipped cream to decorate a sheetcake to look like your country's flag. Use blueberries, strawberries, kiwi, oranges, or any colored fruit that work with your flag. A great Independence Day treat!



MAGIC MILK



Pour 1 cup of milk into a bowl or baking dish. Drop several drops of different colored food coloring into the milk. Squirt some Dawn dish soap into another bowl. Touch a q-tip into the Dawn and then use it to touch each drop of food coloring. The colors will burst and spread!