



## Edible Finger Paints



### Top Tip

Frozen fruit and veg is generally less expensive than fresh and work just as well. If using fresh, choose fruit and veggies that are past their best (but still edible) to minimise any food waste.

### Ingredients:

**Carrot (Orange paint)**  
**Broccoli and/or Peas (Green paint)**  
**Strawberry and/or Raspberries (Red paint)**  
**Parsnip (White paint)**

### Method:

**Wash and peel the fruit and vegetables and cut into small pieces. Steam until very soft and then blend each colour until smooth. Add a little water to give the desired consistency and allow to cool completely before using.**

**Finger paint directly onto the highchair or Tidy Tot Sensory Tray, or onto paper to make pictures you can keep (for an hour or two anyway)!**

