



Easy for you. Fun for baby.



# Edible Finger Paints

## Ingredients

- Carrot (for orange paint)
- Broccoli (for green paint)
- Strawberry (for red paint)
- Cooled boiled water

## Method

To make the orange and green 'paints', simply wash and peel the vegetables and cut into small pieces. Steam until very soft and then blend until smooth and allow to cool completely before using.

For the red 'paint', wash and hull the strawberries and blend until smooth. You can add a little water if necessary to achieve the best consistency.

Let your baby try painting directly into the Tidy Tot Tray with their fingers, or paint onto paper or card to make creative pictures you can keep (for an hour or two anyway)!

Have fun!

