

Baby Safe Paint Recipe

This is a very simple recipe for baby-safe paint if you don't have any at home and your young children

- **Mix half a cup of milk with 1 tsp flour in a small bowl until there are no lumps.**
- **Put the mix in a pan and cook on a low heat. Stir continuously so it does not stick to the base of the pan. This gives you a good thick white base.**
- **Once you have your desired consistency add ½ tsp of oil to give a smooth texture. Mix well.**
- **Let it cool down.**
- **Divide into bowls/an ice cube tray and add edible food colour with a toothpick. This will keep in the fridge for a few days.**

(Search the internet for various recipes to suit dietary needs and what ingredients you have including ones made with yoghurt!)