

RAINBOW IN A BAG

INGREDIENTS:

- 1 cup of flour
- 2 cups of water
- 1 Tbsp of salt
- Large Ziploc
- White card stock
- Small sauce pot
- Whisk
- 7 small bowls or cups
- Food coloring (7 colors)



INSTRUCTIONS:

1. Whisk flour, salt, and water in a small sauce pot and place on low heat.
2. Continue slowly whisking until a smooth, pudding consistency forms (~20 minutes).
3. Divide mixture into 7 cups. Add food coloring to each cup and create 7 different colors.
4. Trim the card stock to fit inside Ziploc. Add heaping spoonfuls of "paint" to the card stock, being careful not to get it on the outside of the bag.
5. Close the Ziploc, getting as much air out as possible.
6. Let children push the paint across the canvass bit by bit to create a rainbow!

