



EDIBLE PAINT RECIPE – RAINBOW BREAD

How much fun does “**Art You Can Eat**” sound? Your kids are going to be so excited to see what we’ve been up to this week with our newest edible paint recipe!

So we have to be honest and say that this Edible Paint Recipe isn’t a healthy food choice! It is sugar based and has food colouring in it. However, ***it is seriously FUN, FUN, FUN and inspires so much creativity!***

Supplies to Make This Fun Edible Paint Recipe:-

- Granulated Sugar
- Gel Food Colouring
- Plastic Bowls
- Brushes
- Bread

How to Make This Edible Paint Recipe for Rainbow Bread:-

You’ll love how easy it is to make this edible paint recipe and how you can have a whole range of colours ready to go in a matter of minutes!

The aim is to make the paint as thick and sugary as you can so it doesn’t make the bread all soggy. I can’t give you an exact measurement of sugar and water to use because it will depend on the size of your sugar crystals but a good starting point is to put a tablespoon of granulated sugar, a squirt of food colouring and a tablespoon of hot water into a bowl and stir. (The hotter the



water, the quicker the sugar will dissolve but please make sure there are no risks of scalds with your children.)

The result should be a syrupy, colourful and sweet edible paint! If you find your sugar hasn't completely dissolved you've probably reached the saturation point for the amount of water you have. Simply add a few more drops of warm water, stir again and it should solve the problem. If your paint is too watery then add some more sugar until the water can't dissolve any more.

Make up a whole rainbow of colours with this edible paint recipe and set the children to work decorating their slices of white bread. You can of course use wholemeal if you prefer.

Once children have finished painting their rainbow bread they can eat it right away but you could always toast your rainbow bread too.

This edible paint recipe doesn't have to be limited to just rainbow bread. Perhaps your child would like to paint their cupcakes, cookies or pancakes too?