



MOTHERCOULD

TASTE SAFE SLIME

YOU'LL NEED:

- 1/4 cup chia seeds
- 1 + 3/4 cup water
- Food coloring
- 3-4 cups corn starch

INSTRUCTIONS:

1. Mix the chia seeds, water and food coloring together.
2. Cover and refrigerate overnight.
3. Uncover and add the corn starch a little at a time. About a cup at a time. Mix and then continue until you achieve the desired consistency. Should be like regular slime. Slimy but can be easily taken off the hands.
4. Store covered in the refrigerator. You will need to add a little water each time you take it out to use it. It will reactive the slime.



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TASTE SAFE PAINT

YOU'LL NEED:

- 1/4 cup salt
- 1/2 cup flour
- 1/2 cup water
- Food coloring

INSTRUCTIONS:

1. Mix the flour and salt in a bowl.
 2. Add a few drops of food coloring to the water. Pour into the flour and salt mixture.
 3. Whip well until and the clumps dissolve.
- *You can add more or less water depending on the consistency you desire.
- **Store in the refrigerator. Can keep for 6 months or so.



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FIZZY BLOCKS

YOU'LL NEED:

- 1 cup baking soda
- 1tsp clear gelatin
- 1/4 cup water
- Food coloring
- Ice cube tray
- Vinegar

INSTRUCTIONS:

1. Mix together the baking soda and gelatin.
2. Add a few drops of food coloring to the water and pour into the baking soda mixture. Mix well.
3. Separate the mixture evenly into the ice cube tray.
4. Freeze overnight.
5. Remove the cubes from the tray and pour some vinegar on top. Watch it fizz.



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TASTE SAFE BLOCKS

YOU'LL NEED:

- Clear gelatin powder
- Boiling water
- Food coloring
- Parchment/wax paper
- Containers

INSTRUCTIONS:

1. Add the gelatin powder to a bowl.
2. Measure $\frac{3}{4}$ of the indicated amount of water ratio and add a drop of food coloring.
3. Pour into the bowl and mix immediately or the gelatin will clump up. In the video you'll see I added first one cup of water, mixed, and then another $\frac{1}{2}$ cup. I did that so that I could mix before it clumped.
4. Line the container with parchment paper and pour mixture in.
5. Refrigerate for 3-4 hours.
6. When the gelatin is firm, pull the wax paper out of the container and cut into large blocks.



MOTHERCOULD ICE PAINTS

YOU'LL NEED:

- Ice cube tray
- Water
- Food coloring
- Popsicle sticks

INSTRUCTIONS:

- 1.Fill an ice cube tray with water. Don't over fill
2. Add a small drop of food coloring to each cube.
3. Cut a popsicle stick in half. Use the flat edge side to mix the water and food coloring. Leave the popsicle stick inside
4. Freeze overnight

*When painting, use water color paper for best results.



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PUFFY PAINT

YOU'LL NEED:

- Glue
- Shaving cream
- Food coloring
- Ziploc bag
- Scissors

INSTRUCTIONS:

1. Add equal parts glue and shaving cream in a bowl.
 2. Add food coloring and mix well.
- If you want to use the paint in a DIY piping bag:
1. Add the paint to a ziplock bag.
 2. Close the bag and cut a small piece of corner off.
 3. Squeeze the paint through the opening



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BABY SAFE PAINT

YOU'LL NEED:

- 1/2 cup baby cereal (I used a multigrain one)
- 3/4 to 1 cup of water
- Food coloring

INSTRUCTIONS:

1. Add the baby cereal, water and food coloring to a food processor. If you don't have one, you can mix with a whisk.
2. Mix until color is well blended. Adjust water quantity based on the consistency you'd like.

*Even though this recipe is taste safe, I still like to discourage my girls from eating it. It helps when I introduce real paint and food coloring is not great to eat.

**Make sure you are constantly supervising your little ones doing any activities especially if they are babies. These suckers are fast!



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PLAY DOUGH

YOU'LL NEED:

- 1 cup flour
- 1/2 cup table salt
- 2 tbsp cream of tartar
- 1 tbsp oil
- 1 cup boiling water
- Food coloring

INSTRUCTIONS:

1. In a bowl, combine the flour, salt and cream of tartar. Mix well.
2. Add the oil
3. Mix a few drops of food coloring into the boiling water and add to the bowl.
4. Mix everything very well and massage with your hand until it is no longer sticky.
5. Once it has fully cooled, wrap in plastic and put in an airtight container. Store at room temperature for about 6 months.