Homemade Puff Paint

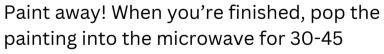
Items Needed:

- 1 cup of flour
- 3 tsp baking powder
- 1 tsp salt
- Water (see below for amount)

Start with one cup of flour and mixed in 3 teaspoons of baking powder, 1 teaspoon of salt and enough water to make it the consistency of pancake batter. Divide your mix into four parts and put them into snack size Ziploc baggies along with some food coloring. Part of the fun was squishing it all around to mix up the colors!



Rubber band the baggies like you would if you were icing a cake and snip off the teeniest little bit of the tip



seconds and watch the paint puff up and grow – such fun! I loved that it was completely dry out of the microwave, so we didn't have to worry about any extra messes or accidents as our pile of paintings grew.





Disclaimer: Consult with your physician before starting this or any new health regimen or supplement program, especially if you have allergies to any of the listed or related products, are under the care of a physician or other medical professional, or have any other health problems. No specific health benefit is implied or promised from this material.