



Homemade Finger Paints

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

Ingredients

- 1 cup cornstarch
- 0.5 cup water cold
- 2 tablespoons deep dish pie crust
- 0.5 cup water hot
- 1 serving food coloring green blue red yellow

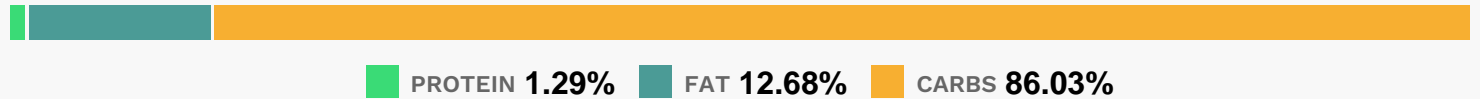
Equipment

- bowl
- hand mixer

Directions

- In medium bowl, stir together cornstarch, cold water and dish soap.
- Add hot water; beat with electric mixer on medium speed until mixture is creamy.
- Divide mixture among 4 small plastic containers. Drop several drops of red food color into 1 container; stir until well mixed. Repeat with remaining food colors and containers. Store covered at room temperature. Use for finger painting on paper or canvas.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.78478260597457%

Nutrients (% of daily need)

Calories: 156.52kcal (7.83%), Fat: 2.14g (3.29%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 32.27g (11.74%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 31.94mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Manganese: 0.05mg (2.61%), Iron: 0.32mg (1.76%), Selenium: 1.23µg (1.76%), Copper: 0.03mg (1.57%), Fiber: 0.39g (1.57%), Folate: 5.69µg (1.42%), Vitamin B1: 0.02mg (1.12%), Vitamin K: 1.11µg (1.06%)