

# Messy Play Recipe Cards

Three quick colour bases with ingredients and steps.

## Dyed Rice

2 cups rice + 1 tsp vinegar + food colouring.

Shake in a bag, spread to dry overnight.

Add scoops, funnels, and colour sorting bowls.

## Rainbow Chickpeas

1 tin chickpeas + vinegar + food colouring.

Shake, then bake low heat for 45 minutes.

Great for pouring and fine-motor play.

## Colourful Spaghetti

Cook spaghetti, drain, add colour + 1 tsp oil.

Cool and add scissors for cutting practice.

Use tongs to build colour patterns.