Eat a Rainbow

2 Recipes to Make at Home!



A rainbow is a sign of God's love for us and all creatures on earth! Have fun making these easy rainbow recipes.



Ingredients:

*Bread (any kind- white, wheat, nut bread, sourdough…pick your favorite)

*Sweetened condensed milk

*Food coloring (Food coloring using natural ingredients derived from by fruits and vegetables can be found on Amazon if you want to avoid artificial dyes.)



Start by mixing the sweetened condensed milk and food coloring in little bowls. Kids can paint their bread to make a rainbow using a new, clean paint brush or pastry brush.

Next, blot the bread with a paper towel to remove any excess "paint" so you don't make a mess in the toaster. Put your painted bread in the toaster if you want it toasted or just enjoy as is!



Rainbow Kabobs



Ingredients:

Raspberries, oranges, pineapple, kiwi, blueberries & grapes

Put them on a skewer in the color order of a rainbow…red, orange, yellow, green, blue, indigo!

What other rainbow foods can you make?