



MOTHERCOULD

CHIA SEED SENSORY

YOU'LL NEED:

- 1/4 cup white chia seeds
- Food coloring
- 1 3/4 cups water

INSTRUCTIONS:

1. In a sealable container mix the chia seeds, food coloring and water.

2. Seal and refrigerate overnight.

3. Uncover and it's ready for play.

*Store in the refrigerator with a little extra water. Should last a few days but remember it's food so it will spoil eventually.



FOLLOW @MOTHERCOULD

