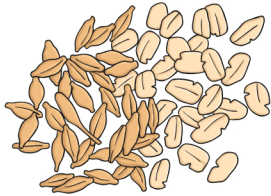


Oats and Water Mash

Edible Sensory Recipe

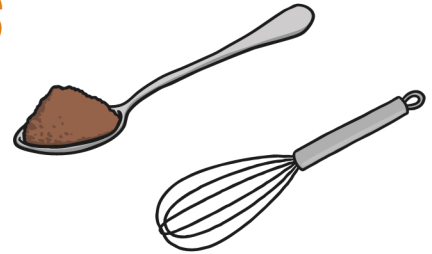
Ingredients



A large container

Oats

Water



Kitchen utensils (e.g. whisks, potato masher, spoons)

Spices such as cinnamon, nutmeg or brown sugar

Method

1. Put the oats in the container and leave for the child to explore, either just with their hands or with the utensils provided.
2. As time goes on, add water gradually, letting the child explore each time. Do they react differently each time water is added?
3. Add the desired spices or brown sugar, then encourage the children to mix it all in together.
4. As the water is added, the mixture will become more gooey!
5. Can they press the oats together to mould different shapes?

(This recipe is intended to be used as soon as it has been made and not to be stored for future use.)