

Chickpea Foam

ACTIVITY



This is a quick and simple sensory play recipe! With toddlers this could be a car wash or bubble bath/ party for the animals characters. It's also a good opportunity to talk about colour mixing if you've made multiple colours.

Assemble with:



Aquafaba (the water from a can of chickpeas)



Food colouring



Electronic whisk



Bowl



Toys to add



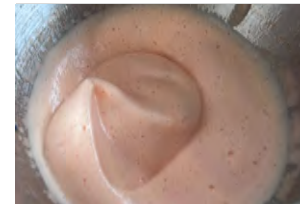
Tray to play in



Lemon juice



1. Put the aquafaba into the bowl with the food colouring and the juice of a lemon.



2. Mix until the mixture has turned into a foam and has stiff peaks (just like when making a meringue!).



3. Repeat the mixing process with other colours if you want to make a selection of colours, if you don't want add food colouring the foam will be white.

TOP TIP

The lemon juice helps the foam keep its consistency but it doesn't last for a long time so this has to be made and played with straight away.

