



## Food Knot (Paper)



- put 1 teaspoon of cereal in the middle of the bottom corner of a paper rectangle (50x20 cm)



- roll the paper & twist it



- knot the ends doubly, triply or more if necessary (for more than 3 knots you need a bigger piece of paper)





- to increase the difficulty of opening the food knot, it can be brushed with the flour-water-mix & dried again (s. left picture: right knot untreated; left one brushed with flour-water-mix)