PURPLE MUCK RECIPE

YOU WILL NEED:

1. A BUCKET
2. FLOUR (1KG PER HALF BUCKET)
3. BABY SHAMPOO (500ML)
4. PURPLE FOOD COLOURING (OR MIX BLUE AND RED)
5. WATER

INSTRUCTIONS

1. COMBINE THE FLOUR AND BABY SHAMPOO FIRST, SLOWLY ADDING WATER UNTIL YOU REACH YOUR DESIRED CONSISTENCY.
2. ADD PURPLE FOOD COLOURING UNTIL YOU GET YOUR FAVOURITE SHADE OF PURPLE.
3. NOW YOU'RE READY TO TELL EPILEPSY TO GET MUCKED!

NOTE: IT IS STRONGLY RECOMMENDED THAT YOU FIRST TEST THE MUCK MIXTURE ON A SMALL PATCH OF SKIN TO ENSURE THERE ARE NO ALLERGIC REACTIONS. ALSO, CLOSE/COVER YOUR EYES OR WEAR GOGGLES WHEN GETTING MUCKED.

MAKE MARCH PURPLE FOR EPILEPSY

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