



Life Spirals

No Cook Play Dough Recipe

Due to this being made with boiled water it is **only suitable for adults to make**.

2 cups plain flour
1 cup salt
4 tablespoons cream of tartar
1 tablespoon cooking oil
1-1 ½ cups boiled water
(optional- natural food colouring, few drops essential oil, rice for texture...)

Put all the dry ingredients together in a bowl. Make a well and put in the oil (if you are adding colour mix the dye with the oil). Add the boiling water from the kettle and mix it all together. Give it a few minutes to cool down before kneading. Keep it in a container.

Children's Play Dough Recipe

This is a recipe children can help to make, however the play dough gets sticky when played with the next day. A sprinkle of flour helps this.

1 cup plain flour
½ cup salt
½ tablespoon cooking oil
½ cup water

Put all the ingredients in a bowl, stir and knead.

Salt Dough

Traditional dough used to make decorations and ornaments. Once made into shapes or beads etc, it can be air dried or very slowly oven dried, and painted.

2 cups plain flour
1 cup salt
1 cup water

Put all the ingredients in a bowl, stir and knead.