

NATURAL PLAY-DOH RECIPE

BASIC INGREDIENT RATIOS:

2 cups flour

2 cups warm water

1 cup salt

2 Tablespoons vegetable oil

1 Tablespoon cream of tartar (optional for improved elasticity)

MIX AND HEAT

Mix all of the ingredients together, and stir over low heat. The dough will begin to thicken until it resembles mashed potatoes.

When the dough pulls away from the sides and clumps in the center, as shown below, remove the pan from heat and allow the dough to cool enough to handle.

IMPORTANT NOTE: if your playdough is still sticky, you simply need to cook it longer!

Keep stirring and cooking until the dough is dry and feels like playdough

If you are making playdough for a client.....

KNEAD AND COLOR OR ADD ESSENTIAL OIL

Turn the dough out onto a clean counter or silicone mat, and knead vigorously until it becomes silky-smooth. Divide the dough into balls for colouring.

Make a divot in the centre of the ball, and drop some food-colouring in. Fold the dough over, working the food colour through the body of the playdough, trying to keep the raw dye away from your hands and the counter. You could use gloves, a big zip-lock bag, or plastic wrap at this stage to keep your hands clean- only the concentrated dye will colour your skin, so as soon as it's worked in bare hands are fine.

Work the dye through, adding more as necessary to achieve your chosen colour.