



## BEST EVER NO-COOK PLAY DOUGH RECIPE

### You need:

- 2 cups [plain flour](#) (all purpose)
- 2 tablespoons [vegetable oil](#) ([baby oil](#) and [coconut oil](#) work too)
- 1/2 cup [salt](#)
- 2 tablespoons [cream of tartar](#)
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- [gel food colouring](#) (optional)
- few drops [glycerine](#) (my secret ingredient for stretch and shine!)

### Method:

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring TO the boiling water then into the dry ingredients
- Stir continuously until it becomes a sticky, combined dough
- Add the glycerine (optional)
- Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. \* This is the most important part of the process, so keep at it until it's the perfect consistency!
- If it remains a little sticky then add a touch more flour until just right.

## Dough Disco

Begin by sharing out your dough at the table. Begin by playing an upbeat, fast piece of music whilst you each make the actions below using your dough. Switch to a slower, calm piece of music and repeat.

When music has finished enjoy some 'freestyle' time with the dough. You can use cutters at the end if you wish.

