



# Recipes

## Some fun playgroup recipes

### Playdough



#### Ingredients

- ✓ 1 cup salt
- ✓ 2 cups plain flour
- ✓ 2 tablespoons oil
- ✓ 3 teaspoons cream of tartar
- ✓ 2 cups boiling water
- ✓ colour if required with edicol dye or food colouring

#### Method

Combine ingredients (except water) in a bowl. Pour the boiling water into the bowl and stir. Use more or less water as required - some flours are more absorbent than others! Knead lightly on table top. This will store in an airtight container in the fridge for months.

### Ooblec



#### Ingredients

- ✓ Corn flour
- ✓ Water
- ✓ Edicol dye or food colouring
- ✓ A plastic container

#### Method

Pour some corn flour into the container.

Add colour.

Slowly add water until mixture thickens to the consistency of paint.

Ooblec is a strange wet/dry sensation. Children will enjoy pulling and shaping this mixture.

### Slime



#### Ingredients

(Mix in blender)

- ✓ 1 cup soap flakes
- ✓ 2 cups boiling water
- ✓ Edicol dye or food colouring

#### Method

1. Mix soap flakes, dye/food colouring and boiling water.
2. Leave to cool and thicken (can take a few hours).
3. Let the children play!

### Homemade Moon Sand



#### Ingredients (1 batch)

- ✓ 8 cups of flour
- ✓ 1 cup baby oil

#### Method

1. Mix the flour and baby oil - you'll need to really work it with your fingers!
2. Play with it.



### Goop



#### Ingredients

- ✓ 2 cups plain flour
- ✓ 1 cup sugar
- ✓ 1 cup salt
- ✓ 2 cups cold water
- ✓ ½ teaspoon edicol dye or food colouring
- ✓ plastic sauce bottles

#### Method

Mix flour, salt, sugar and water together until there are no lumps and the mixture is the thickness of cream. Add the edicol dye and pour into sauce bottles. Squeeze onto surface to make pictures.

