



## Salt Dough Recipe

Follow the recipe below to make your salt dough.

Shape it into objects that will remind you to love and care for your family. This might be a heart, lips (for kind words), hands (for being gentle) or feet (for coming quickly to help). Be creative and see what you come up with.

Have fun!

### Ingredients

- 1 cup Plain Flour All-Purpose
- 1/2 cup Table Salt
- 1/2 cup Water

### Equipment / Utensils

- Bowl
- Rolling Pin
- Cookie Cutters
- Microwavable flat plate
- Microwave, oven or the sun
- Paints and paint brushes

### Directions

- In a bowl mix the 3 ingredients (*1 cup plain flour, 1/2 cup salt, 1/2 cup water*) together.
- Knead on a lightly floured surface until smooth.
- Roll out and cut or form into the shapes you want.

### Drying Options

- SUN: Place your dough shapes in the direct sun for a few days until they have dried out. Turn them over to dry both sides.
- OVEN: Place your shapes on a tray and put them in an oven at 180° Celsius for a few hours. Turn them over part way through the drying process.
- MICROWAVE: Place shapes on a piece of kitchen paper / paper towel and if needed on a plate. Put in the microwave. Microwave in short 10 second bursts for about 3 minutes or until the dough looks dry - but not brown or burnt.
- After baking to dry, leave to cool (they will be very hot)
- Once cool, paint as desired.