



Wheat-free Playdough

A fun and safe way to keep kids entertained!

Ingredients

1 cup corn flour
1 cup rice flour
1 cup salt
4 teaspoons cream of tartar
2 cups water
2 teaspoons vegetable oil (eg. rice brand oil or olive oil)
Natural food colouring

Instructions

1. Add all dry ingredients in a pot. Add vegetable oil, water and mix until thoroughly combined.
2. Put over low heat on the stove, and stir with a wooden spoon. When the dough pulls away from the sides into a big ball, place dough into glass bowl.
3. Once cool enough to handle. Divide into 3-5 pieces. Add several drops of natural food colouring to the ball and massage until you get the colour you desire.
4. Store in an airtight container.

Natural food colouring

You can use many household items to make safe colours like: green tea for green, black tea or coffee for brown and turmeric for yellow.

