

Ingredients

- 1 cup all-purpose flour
- ¼ cup fine table salt
- 1 tablespoon vegetable oil
- Approximately ½ cup warm water, added gradually
- A few drops of vanilla extract, optional
- A few drops of food coloring, optional

Make Your Own Playdough

Instructions

1. Mix the flour and salt in a bowl.
2. In a separate container, combine the oil, warm water and optional vanilla or food coloring.
3. Gradually add the liquid to the dry ingredients, stirring until a dough forms. You may not need all the water.
4. Knead until smooth. If it feels sticky, add a little flour. If it crumbles, add a few drops of water.
5. Store in a sealed container in the refrigerator between uses. Discard if it develops mold, an unusual smell or a change in texture.

A Note for Caregivers

This dough is for supervised play, not eating; it contains raw flour and a high amount of salt. Consider wheat allergies before use, and wash hands and surfaces afterward. Use vanilla or leave it unscented rather than adding essential oils.

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