



Serves	0
Prep (min)	5
Cook (min)	3

MAKE YOUR OWN PLAY DOUGH

It's playtime! The hard bit is picking which colour to make. Remember to let the grown-up check all packet labels for allergens (and traces of allergens) before starting to cook.

Free from

Dairy (DF)
Egg (EF)
Gluten (GF)
Nuts (NF)
Peanut (PF)
Soya (SF)
Sesame (SeF)
Shellfish (ShF)
Fish (FF)

Ingredients

1 grown-up
90g (3/4 cup) rice flour (NF, GF)
90g (3/4 cup) cornflour (NF, GF)
275g (1.25 cups) table salt
2 tablespoons olive oil
2 tablespoons cream of tartar
225ml (1 cup) cold water
2 teaspoons of natural food colouring

PLEASE ALWAYS CHECK EVERY LABEL

Product ingredients and manufacturing processes change frequently. Always check the label for allergens when buying pre-packaged foods.

Method

1. Take one grown-up and put them in charge.
2. Place all the ingredients (except the food colouring) into a microwave-proof bowl. Then stir with a spoon to mix it all up.
3. Time to add some colour! Add 2 teaspoons of food colouring to your bowl and stir. Cover your bowl with a lid and cook in the microwave on high power for one minute.
4. Let the grown-up stir the mixture (the lumps will disappear as it cooks). Pop your dough back in the microwave to cook for two minutes, but let the grown-up stir after every minute.
5. **BE CAREFUL** the mixture will be very hot, so let the grown-up carefully spoon the dough onto cling film, or into a plastic bag. Seal the cling film/bag removing all the air, then leave until the dough is completely cool.
6. Unwrap your dough, it's playtime!

Tip: Remember to keep your dough wrapped in cling film or in an airtight container when not in use. This will keep it soft and squidgy for months.

IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

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