

Salt Dough

Make your own modelling clay with some basic household ingredients.

You will need:

Oven

Mixing bowl

Cup

Baking tray

Baking paper

Paints or food colouring

For the dough:

1 cup of plain flour (about 250g) plus extra for dusting

Half a cup of table salt (about 125g)

Half a cup of water (about 125ml)

1. Preheat your oven to its lowest setting and line a baking tray with baking paper.
2. Pop the flour and salt into a large bowl and give it a stir. Add the water and mix it all together with your hands to form a dry dough.
3. If you would like to make coloured dough add some paint or food colouring now and mix it in well. About a teaspoon of paint is usually enough - if the dough starts to get too wet just add more flour.
4. Tip out the dough onto a floured surface and start to create! Simple shapes work best but you can roll out the dough and cut out shapes with cookie cutters.
5. Once you have your finished creations, carefully put them on the lined baking tray and bake them in the oven for 3 hours or until solid - fatter models might take a wee bit longer to bake. You can also leave them to air dry over night or give them a quick blast in the microwave - about a minute on full power should do the job. The dough can rise a bit this way so keep an eye on it just in case!
6. If you didn't add any colour to your dough you can always paint and decorate them when they're out of the oven and cooled down.
7. Have fun!

