

# How to make salt dough

<https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe>



*You can make simple salt dough from everyday ingredients in your kitchen cupboards. Save money and keep the kids entertained with this thrifty kitchen craft.*

Making salt dough is a really fun and easy activity for kids and the chances are you will have all of the ingredients in the cupboard ready to go on a rainy day. Children will love using their imaginations to create all sorts of exciting objects (although simple shapes do seem to work best) and hours of fun painting their creations, but do take care to remind little ones that the salt dough is not edible.

**Makes** 1 ball

**Prep** 10 minutes

**Cook** 3 hours

- 1 cupful of plain flour (about 250g)
- half a cupful of table salt (about 125g)
- half a cupful of water (about 125ml)

## Method

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of. We made some fruit and veg shapes plus cupcakes for a teddy bear's picnic.
4. Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.
5. Leave to cool and then paint.

Top tip - **Simple designs work best**, as the dough isn't sturdy until baked. If your child can't decide between a tall giraffe or a flatter gecko, for example, steer them towards the gecko. Also bear in mind that the bigger/fatter the model, the longer it will take to harden in the oven.