

Wholegrain Playdough Recipe



Ingredients

2 cups wholegrain flour

½ cup salt

2 tablespoons cream of tartar

2 tablespoons vegetable oil

1.5 cups boiling water

Pumpkin, sunflower and poppy seeds

Method

1. Place all the dry ingredients into a bowl.
2. Stir in the boiling water and keep mixing until it comes together well and becomes harder to mix.
3. Knead on a floured surface for about 3-4 minutes.
4. If still sticky, add a little more flour.
5. Use pumpkin seeds, sunflower seeds and poppy seeds to decorate pretend buns or mix in the playdough.

