



Salt Free Dough - Nature Portraits

Mould and press dough onto a tree and create and play with nature.

You will need:

2 cups of plain flour
3 tablespoons of oil
1 cup of boiled water

*Measure out 2 cups of flour and empty into a large mixing bowl.

*Stir in 3 tablespoons of vegetable oil.

*Pour the boiled water in to the mixture gradually. Mixing and adding until you get the dough consistency needed.

You will need to use your hands to continue to knead the dough together. When the dough is “doughy” but doesn’t stick to your hands at all, you have achieved the perfect consistency.

*The dough is safe for trees & children have fun
with nature while building their motor skills, creativity, language, social skills.*

Recipe & Idea credit to:

Amy at Learning and Exploring Through Play

<https://www.learningandexploringthroughplay.com/2018/09/dough-nature-portraits.html>