

N C P D



Ingredients

2 Cups All-purpose Flour

2 Tablespoons of vegetable oil (coconut oil or baby oil also work well)

! Cup Salt

2 Tablespoons Cream of Tartar

1-1 ! Cups boiling water (add in increments until it feels just right)

Food coloring optional

*As well, sometimes we had a few drops of essential oil, usually lavender, tea tree, orange/lemon oil etc.

Method:

Step 1: Mix flour, salt, cream of tartar & oil in a large mixing bowl.

Step 2: Add food coloring/essential oils (if using) to the boiling water.

Step 3: Slowly add hot water into the dry ingredients bowl as you stir.

Stir continuously until it becomes a sticky, combined dough.

Allow to cool slightly.

