



RECIPES



Small Muscle development - Ant



Nanny 'n me
growing together

Dough

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Salt dough

Ingredients:

- ✓ 1.5 cups flour
- ✓ 0.5 cup cornstarch
- ✓ 0.25 cup salt
- ✓ 0.75 cup hot water to start with



Method:

1. Mix with a fork and then knead well for 10 minutes, adding water to make a softer dough.
 2. Place the dough on the baking tray and smooth out.
 3. Shape the dough into a heart shape, big enough for both of your baby's feet to fit inside.
 4. Bake objects at 100°C for 2-4 hours or until well dried
- Once the dough is dry and cool, you and baby can paint your Father's Day gift.

Your baby may be wiggly when you try to get a footprint, so you can try to press their feet into the dough as they are lying on their back or while sitting.

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