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Activities at Home

Edible Playdough

Ingredients:

6-8 large marshmallows

2 teaspoons coconut oil

*you can use canola or vegetable oil as well

Food coloring

4 tablespoons cornstarch



Put marshmallows and oil in microwave safe bowl. Heat for 30 seconds, watching for marshmallows to expand. You may need to open the door and let them deflate a bit if it starts to get too puffy.

Once heated, stir in a few drops of food coloring. Use caution as the bowl and marshmallow mixture may be hot.



After you've got the right color, stir in the cornstarch. Allow the dough to cool, then begin kneading it. If the dough still feels too sticky, add a little more cornstarch. Knead until the dough is smooth and stretchy.

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Once your dough is the right consistency, have fun with your child creating shapes, letters, or enjoying a sensory experience! If your dough gets too sticky during play, just add more corn starch. The dough can be stored in plastic wrap, but will become sticky over time.

If you have a gluten allergy, please check the ingredients label on your marshmallows to ensure they are gluten-free

