

Section O - Children's Recipes

SALT DOUGH

INGREDIENTS

Salt Dough

1 ½ cups plain flour

½ cup fine table salt

1 tablespoon vegetable oil

2/3 cup chilled water

METHOD

1. Preheat oven to 120° C.
2. Line 2 baking trays with baking paper.
3. Mix flour and salt in a bowl. Make a well in the centre.
4. Pour in oil. Gradually add water, stirring mixture with a wooden spoon until combined. Turn dough onto a lightly floured surface.
5. Knead to make a smooth ball then create item. Place item on trays and bake for 2 ½ hours or until firm and dry. Cool on wire rack.

Example: Christmas hanging items. Roll dough out between 2 sheets baking paper until 7mm thick, use shaped cutters to cut and skewer to make a hole at the top. After cooked and cooled use acrylic paint to paint item while wet can sprinkle with glitter. Thread ribbon to hang.



APPLE MUFFINS

INGREDIENTS

2 cups diced raw apples

½ cup brown sugar

½ cup oil

2 eggs

1 teaspoon vanilla

2 cups wholemeal self raising flour

¼ teaspoon baking soda

2 teaspoons cinammon

METHOD

Preheat the oven and grease the muffin pans.

Thoroughly combine the wet mix ingredients.

Combine the dry mix ingredients and mix thoroughly into the wet mix.

Place the mixture in the prepared pans and bake at 200C for 20-25 minutes.

Makes 12.

