Grocery List

Flour
Salt
Cream of Tartar
Food Coloring (if desired)
Water
Cooking Oil
Corn or Rice Cereal
Butter
Sunflower Seed Butter
Chocolate Chips
Powdered Sugar

Playdough Recipe

Ingredients: 2 cups of flour 1 cup of salt 1 heaping T. cream of tartar 2 cups of water

Heat treat flour in the microwave on high for a minute. In a large bowl, mix together 2 cups of flour, 1 cup of salt, and 1 heaping T. cream of tartar. Set aside. On stove in a saucepan, add 2 cups of water and 1 T. of cooking oil. Add food coloring, if disired. Heat over medium heat (do not bring to a boil). Remove from heat, and slowly add flour mixture. Stir until combined. Let cool slightly. Remove playdough from saucepan and knead together until clumps disapear. Let it cool completely before offering it to the children. Store in an airtight container.

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Peanut-Free Puppy Chow

Ingredients:

2 cups corn/rice cereal (e.g., Crispix, Chex) 1/2 cup butter 1/2 cup sunflower seed butter 10 oz. chocolate chips 2 cups powdered sugar

Melt the butter, sunflower seed butter, and chocolate chips in a microwave or over low heat on the stove. Blend until creamy. Add the cereal to a large bowl. Pour the butter mixture over the cereal and invite children to take turns gently mixing with a spoon until coated. (Remind them the mixture may feel hot.) Pour onto wax paper and cool for at least 30 minutes. Place the cereal in a large container with a lid, and pour the powdered sugar over the top. Invite children to take turns shaking gently until the cereal is well-coated. Invite each child to take a small amount. Serve with a glass of milk.

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