

10-15 minutes

Makes 4 playdough balls

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Hands up – who remembers homemade playdough? Before iPads and even TV, moms made this quick, simple recipe jazzed up with a little food colouring to keep their kids happily, creatively occupied. Why not revive this simple pleasure for your own kids while Mzansi is on lockdown.

Ingredients:

- 2 cups (300g) flour
- ½ cup (125g) salt
- 2 Tbsp (30ml) oil
- 1½ cups (375ml) boiling water
- Food colouring of choice

Method:

1. Combine flour, salt and oil in a bowl.
2. Pour in boiling water and stir to combine until you have a rough dough.
3. Divide dough into 4 equal-sized balls (take care as the dough may be a little hot to handle).
4. Make an indent in one ball of dough, drip in food colouring and knead until colouring is evenly distributed and dough is smooth and springy.
5. Repeat with remaining dough.

Add a few drops of essential oils like lavender, lemon, peppermint or grapefruit to the dough for a fragrant treat.