**Cornstarch Play Dough**

1 cup cornstarch  
1 lb. baking soda  
1 cup water  
1/8 tsp oil  
Food coloring

**Directions:** In a large pot, combine ingredients. Cook over medium heat until "mealy." Allow to cool on a plate, covered by a damp cloth. Knead well and store in an airtight container.

**Substitutions:** Use oil and food coloring that is safe for your allergy.

**Edible Play Dough**

3 cups powdered sugar  
1/4 cup corn syrup  
1/2 cup margarine, melted  
Splash vanilla  
Sprinkle salt  
5 drops food coloring

**Directions:** Mix all ingredients, except coloring, until mixture is blended and all one color. Then mix in coloring.

Then play. You can shape this and eat it. Do not make this in advance. Make this when you are going to play with it. It will get hard and then you can't eat it.

**Substitutions:** Use dairy, soy, wheat and/or gluten free ingredients as needed.

**Rice Play Dough**

1 1/4 cups rice flour  
1/2 cup salt  
2 tsp cream of tartar  
1 cup water  
1 Tbsp. oil  
1/4 tsp vanilla extract  
Food coloring or sparkles (optional)

**Directions:** Mix flour, salt, and cream of tartar in a large pot. Add water and oil. Cook over medium heat until the mixture pulls away from the sides of the pan (about 5 minutes), stirring constantly. Add vanilla extract (for smell, not taste). Mix thoroughly. Put play dough on a clean surface. When cool enough to handle, knead lightly.
(directions cont.) Store in airtight container.

Add food coloring to the water to make colored play dough. Add sparkles during the hand mixing time for sparkly play dough.

**Substitutions:** Cream of tartar is not dairy.