

Recipes for Kids

We have gathered some of our favorite kids' recipes for easy reference. They are tested and approved by our own children!

Bubbles

Choose a nice day to take children outdoors and blow bubbles. This is a great way to visualize wind and air currents for children. Add some unusual bubble wands ... various kitchen utensils or even a fly swatter can add to the fun. Watch so that children do not rub the solution in their eyes or consume it.



Ingredients: 1 cup water
1/3 cup Joy liquid dish detergent
2 T. light corn syrup

Mix and let set for at least one hour. Cover and store in the refrigerator.

Colored Rice & Pasta

Ingredients: 1 cup dry rice or pasta
1 1/2 tsp. rubbing alcohol or grain alcohol
1/4 tsp. food coloring

Mix the alcohol and dye in a plastic zippered bag. Add dry rice or pasta and shake it gently until it is evenly coated. Spread it on wax paper to dry. Use in your art center!

Rainbow Stew

Ingredients: 1 cup cornstarch
almost 1 cup water
food coloring

Cook in a saucepan to consistency of pudding. Divide into portions and add food coloring. Layer colors in plastic zippered bags. Seal the bags with heavy tape. Invite children to press, squeeze, and squish to blend the colors together.

Soft Putty

Ingredients: 2 parts glue
1 part liquid starch
food coloring (optional)

Add food coloring to the glue, if desired. Mix well and then add the liquid starch. Mix/knead until smooth (it takes awhile). The longer you work with it, the better the consistency. Invite the children to squeeze and stretch. If it turns out just right, you can use it to lift ink off newspapers! Store in an airtight container.

Basic Playdough

Ingredients: 2 cups flour (experiment with a variety of different flours!)
1 cup salt
1 T. cream of tartar
2 cups water
2 T. vegetable oil

Mix the dry ingredients together. Add the oil to the water. Tint the water with food coloring, if desired. Combine dry and wet mixes in a heavy pot. Cook over low heat. Stir until the dough pulls away from the sides of the pot. Let cool. Knead until smooth. Store in an airtight container.

Use the recipe above to make these variations:

Jell-O® Playdough - Add 1 (3 oz.) pkg. Jell-O® and an additional 1 T. cream of tartar.

Kool-Aid® Playdough - Add 2 packets of unsweetened drink mix.

Pumpkin Pie Playdough - Add 1 T. pumpkin pie spice.

Outer Space Playdough - Use only 1 1/2 cups of water and add 1/2 cup black tempera paint. Knead in gold and silver glitter.

Papier Mâché

Ingredients: 1 part flour
2 parts water
2 - 3 T. salt (optional)

Mix the flour with the water in a saucepan. Mix well to remove lumps. Cook the mixture over low heat until you get a creamy consistency of thin paste. Add more water or flour as necessary. Add a few tablespoons of salt to help prevent mold! Let cool before using.

Clean Mud

Ingredients: 3 rolls toilet tissue
1 bar Ivory soap, grated
3/4 cup borax (optional)
water

Have the children help you unroll the toilet tissue. Collect in a large container or a sensory table. Saturate with water. Add Ivory soap and Borax. Mix well. Lasts a LONG time!