

## Playing it Safe with Play Dough

At Grandma's Pantry we have many of our customers asking about our gluten-free products. Because the need is so great, we continue to expand our gluten-free products to meet this demand. While reading an article in "Living Without", a magazine written for those with food allergies and sensitivities, I came across an article that made me stop and think. The article was about young children with wheat allergies - not only with the food that goes into their mouth but also with the toys that they play with. Now that was something that I never really thought about. Their case in point was Play Doh.

Who doesn't remember playing with Play Doh as a child? For children with celiac disease, gluten sensitivity or wheat allergy, Play Doh is something they must stay away from because it contains wheat products. Who would have thought that about a simple product like Play Doh? "Living Without" magazine put their test kitchens to work and came up with a recipe for Play Clay that is gluten-free.

### Play Clay (from the Dec./Jan. 2012 issue)

- 1 cup potato starch
- 2 cups baking soda
- 1 ¼ cups cold water
- 1 Tb. vegetable oil of choice
- 2-3 drops food color, optional

Mix together potato starch and baking soda and pour into a saucepan.

Mix oil and water in a small bowl and add food coloring.

Heat saucepan and pour in water and oil, stirring constantly about 3 minutes or until clay holds together in a ball. (Small lumps will appear and then the clay will hold together.)

Turn off the heat.

Spoon clay onto parchment paper and let it cool slightly.  
Roll clay in parchment paper forming a cylinder and let cool completely.  
Knead a little before using.

If not used immediately, store in an airtight container or plastic bag in the refrigerator.

Here is a recipe for Salt Dough:

1 cup table salt  
1 cup white rice flour  
½ cup water, or more as needed  
1 tsp. vegetable oil, if needed

Mix together salt and flour in a saucepan.  
Pour in water and food coloring if desired.  
Cook over medium heat until dough forms in to a ball.  
If dough is too dry to hold together, add more water - 1 tablespoon at a time.  
Spoon onto parchment paper and let cool slightly.  
Knead until smooth and shape into a ball.  
If dough is too hard, knead in 1 teaspoon of oil.  
May be stored in an airtight container or plastic bag in the refrigerator.

This summer, give children with wheat allergies and sensitivities the chance to be creative and to have fun with gluten-free play clay. All the ingredients as well as the magazine “Living Without” can be obtained at Grandma’s Pantry.

Please visit us this summer at our store in Harrisonburg VA or search for us online at [www.GrandmasPantryVa.com](http://www.GrandmasPantryVa.com). Like us on Facebook.

***“So, whatever you eat or drink, or whatever you do,  
do all to the glory of God.” (1 Cor. 10:31)***