

SALT DOUGH OLYMPIC MEDALS!

Here is a recipe for salt dough medals with number imprints ready to celebrate the Olympics which will now be held in Tokyo in 2021!



Salt Dough Recipe:

- 1 cup salt
- 1 cup plain (all purpose) flour
- 3/4 cup water



Combine the flour and salt in a bowl, then add the water gradually. Knead the mixture until it has a dough-like consistency. It will feel very grainy because of the high salt content, but that's ok. If still too sticky add a touch more flour, if it won't hold together add more water, a teaspoon at a time.

Squeeze some glitter confetti into our dough to make it sparkly, just for fun!

Once you have made the dough, roll it flat, about a quarter to half inch thick. Find a cookie cutter for your medal shape. An octagon cutter was used here to cut out three medals, but use whatever you have. (A small cup or empty can works as a cutter in a pinch!) Then push a straw into each one to create a hole for threading the ribbon through later.



Wooden numbers were used here as a stencil. If you don't have any, use a pen cap or spoon handle to draw the numbers. Push them into the medals to create an impression in the dough.





When they are finished, lay them on a piece of baking parchment on a baking tray, and dry them in the oven for 2 hours on very low temperature (200 F.) They need to be turned over once during “cooking”.

Once they are completely cooled, paint them gold, silver, and bronze with acrylic paints. To make bronze try adding primary blue to the gold in tiny amounts. Or use markers or sharpies to color them. Don't have Gold, Silver, and Bronze? Use your imagination with what you do have!



Then thread them with red ribbon (use whatever you may have, even string will work) and they are ready to wear!