

Natural Slime

Ingredients:

1 tablespoon psyllium husks

1 cup water

Food colouring of your choice

Method:

- Put the psyllium husks, water and food colouring in a large, microwave safe bowl.
- Stir until it is combined and the colour is even.
- Microwave on high setting for 5 minutes.
- Carefully remove from microwave and set aside in a safe place to cool.
- Stir mixture occasionally to help release heat. It is ready to play with when it is cool to the touch.
- Enjoy some slimy, tactile fun!
- When play time is finished, store in an airtight container or ziplock bag ready for next time (it will keep for up to one week).

This recipe is great if you are after a natural alternative to traditional homemade slime - while we don't recommend that children eat it, it is safe if they put it in their mouths.

FAMILIES

Tasmania