

# Salt Dough Olympic Medals



## You will need:

- Bowl
- Parchment paper
- Baking pan
- 1 cup salt
- 1 cup flour
- 3/4 cup water
- Bronze acrylic paint
- Silver acrylic paint
- Gold acrylic paint
- Ribbon (in any colour you choose!)
- Cookie cutter
- Number stamp

## Instructions

Yields about 15 medals, depending on size.

1. Preheat the oven to 210 F.
2. Combine the flour and salt in a bowl. Add water slowly to mix into a dough-like consistency.
3. Knead and turn onto a floured surface. If the dough is too sticky, add more flour to the surface.
4. Roll dough out until it is about 1/4 inch thick.
5. Cut medals out with a round or octagon-shaped cookie cutter or glass. Make a hole in each one with a straw.
6. Using a number stamp, imprint the numbers 1, 2 and 3 on the circles or octagons.
7. Place the medallions on a piece of parchment paper on a baking tray.
8. Cook them in the oven to dry them for 2 hours, turning them over after 1 hour.
9. Allow the medals to cool completely. Once they are cooled, paint them bronze, silver or gold. Allow the paint to dry thoroughly.
10. Thread the ribbon through the hole to create your very own Olympic medal!