

Kool-Aid Gluten-Free Playdough Recipe

Reviewed by SickKids Hospital Staff | Last updated: August 31st 2023

Ingredients

- ½ cup gluten-free rice flour
- ½ cup corn starch or arrowroot
- ½ cup salt
- 2 tsp cream of tartar
- 1 cup water
- 2 Tbsp oil
- Any flavour (or colour) of Kool-Aid powdered drink mix

Directions

1. In a saucepan, add rice flour, corn starch and salt
2. Add cream of tartar, water and oil to the saucepan. Turn on stovetop to low heat and mix ingredients together.
3. Continue to stir until mixture has thickened (3–5 minutes).
4. Remove from heat. Once cooled, knead playdough until smooth.

Notes:

- Add colour by using Kool-Aid powdered drink mix or food colouring drops.
- If the playdough gets sticky after a few weeks, add extra rice flour to it.