

# SMCNS RECIPES

Nuts and Bolts

Pretzels

Play Dough

Gak

Rainbow Stew

# Nuts & Bolts

4-6 tbsp oil

Dashes of:

Worcestershire

garlic powder

dried onion

seasoned salt

1/3 box wheat Chex

1/3 box rice Chex

2-3 cups Cheerios

Heat oil. Add all spices and sauté.

Add cereals and stir until

golden and fragrant

# Pretzels

Preheat oven to 425 F

*Mix:*

1 pkg dry yeast (2 ¼ tsp)

1 ½ cup warm water

1tbsp sugar

*Add:*

4 cups flour

1 cup grated cheese (optional)

Knead on lightly floured surface.  
Roll into sticks or pretzel shapes.

Place on greased cookie sheet.

Brush with beaten egg.

Sprinkle with salt (optional)

Bake 12-15 minutes.

# Play Dough

***Boil:***

6 cups water

***Add:***

2 cups salt

***Cook:***

1-2 min

Turn off heat.

***Add:***

4 tbsp oil

2 tbsp alum

Food coloring

***Add:***

6 cups flour

Knead.

(Peppermint, almond or lemon extract can be added for smell)

# Gak!

## *Solution A:*

1 ½ cups warm water  
2 cups Elmer's white glue  
Food coloring

Mix together until  
Completely dissolved.

## *Solution B:*

4 t borax  
1 1/3 cups warm water  
Mix together until dissolved

## *Solution C:*

Pour A solution into B.  
Do NOT mix.  
Gently knead until no longer  
slippery. May spit out liquid!

# Rainbow Stew

*Mix:*

1/3 cup sugar  
1 cup cornstarch  
4 cups cold water

*Cook until thick.*

Divide into 3 bowls.  
Add generous amount of food  
coloring to each.  
(Bright red, blue & yellow)

*Ask:*

“What colors do you want in your bag?”

*Add:*

3 tbsp each color into Ziploc bag. Roll  
all air out & duct tape closed.

*Makes about 10 bags.*