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Cooking With Your Toddler

MATERIALS + INGREDIENTS
LISTING

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HOMEMADE PLAYDOUGH

INGREDIENTS NEEDED

FLOUR



1 cup

CREAM OF TARTAR



2 tablespoons

SALT



1/2 cup

BOILING WATER



1 cup

FOOD COLORING



as needed

COOKING OIL



1 tablespoon

GATHER ALL INGREDIENTS PRIOR TO STARTING

HOMEMADE PLAYDOUGH

MATERIALS NEEDED



trays



mixing spoon



large bowl



smaller bowls



tower or table



apron



NOTE FOR PARENTS

the materials listed above include affiliate links. You can use any table/tower you find best for your home. These are my suggestions based off my experience in the past three years.

GUACAMOLE

INGREDIENTS NEEDED

AVOCADO



2 medium sized

+

LIME JUICE



juice of 2 limes

+

RED ONION



1/2 cup

TOMATOES



1/4 cup

+

SALT/PEPPER



as needed

GATHER ALL INGREDIENTS PRIOR TO STARTING

GUACAMOLE

MATERIALS NEEDED



trays



potato smasher



large bowl



smaller bowls



tower or table



apron



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MANGO SPINACH SMOOTHIE

INGREDIENTS NEEDED

SPINACH



1 cup

DATES



2 tablespoons

FROZEN MANGO



1/2 cup

CHIA SEEDS



1 cup

DAIRY FREE MILK



1 cup

GATHER ALL INGREDIENTS PRIOR TO STARTING

MANGO SPINACH SMOOTHIE

MATERIALS NEEDED



trays



blender



serving cup



smaller bowls



tower or table



apron



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