

## SALT DOUGH HANDPRINT BOWL

### Easy salt dough recipe supplies

- 2 cups of plain flour (all purpose flour)
- 1 cup of salt
- 1 cup of water (you may need less)

### Easy Salt Dough Recipe

1. Mix 2 cups of plain flour and 1 cup of salt together in a large bowl.
2. Add 1 cup of water. Add it in slowly as you may need less.
3. Knead the mixture into a dough.

### Supplies for Salt Dough Handprint Bowl:

- Salt dough ([easy salt dough recipe](#))
- A small oven proof bowl
- [Acrylic paint](#)
- [Mod Podge](#) all in one glue and sealer



### How to make a salt dough handprint bowl

1. Mix up some salt dough using the [easy salt dough recipe](#).
2. Flatten the salt dough using a rolling pin and press your hand onto it to create an imprint of your hand. The salt dough needs to be about 1cm thick. You will need to press your hand into the salt dough quite firmly and press down on each finger to make a good print. We recommend rolling the salt dough out on baking paper as it will make it easier to transfer the salt dough later.
3. Use a sharp knife to carefully cut around the edge of the handprint.
4. Put a small oven proof bowl on a baking tray and place the salt dough handprint on top of the bowl (see image on right). We used a tiny bowl that is meant for dips. This will create the shape of your handprint bowl. Take your time to make sure you are happy with the shape of the salt dough hand.
5. Bake the handprint in the oven at a low temperature (about 100 degrees Celsius) for a few hours. When you remove it from the oven check that the salt dough is completely hard on both sides. If it is not just put it back in the oven for a little longer.



(If you do not have a small oven proof bowl you can put the hand shape over a small plastic bowl or ball and leave the salt dough to air dry but using this method it will take several days to dry.)

Once the handprint bowl has cooled down it is ready for decorating. We painted our bowl in acrylic paint.

It is important that once your salt dough creation is finished you add a coat of varnish or use a sealer so that your keepsake will last forever. If you do not use a sealer the salt dough may soak in some moisture and become soft.



Hand shaped bowls are the perfect size to put rings, cufflinks or keys inside.

