

# Recipe for

## **Taste Safe Slime**

FROM THE KITCHEN OF  
**Kids & Company**



### INGREDIENTS

3 tablespoons psyllium husk

2 cups of water

Natural food dye

### DIRECTIONS

Bring 3 cups of water to a boil in a small saucepan. Add in food dye to achieve a desired colour. Once the water has boiled add in psyllium husks and reduce to medium heat. Stir non-stop. As you stir, the mixture will begin to thicken. Keep on stirring. For about 5 minutes you have a very thick mixture. You will know it is done when all the mixture begins to move with the spoon like gel. Remove from heat and place on a tray to cool down. It is going to be VERY hot – so be careful. Once it stops steaming, pick it up and flip it over to let the other side cool. When the substance completely cools it is ready for play!

