Perfect POOP
Chef Boy R Doo-Doo’s recipe for making the Perfect POOP….every time!

To represent a healthy COLON (large intestine) that absorbs just the right amount of water, line a strainer with paper towels and add…

1/4 cup Oatmeal = DEAD BACTERIA (lactobacilli, e.coli, etc.)
1/3 cup Mashed Potato Flakes = UNDIGESTIBLES (cellulose & fiber)
2 Tablespoons Cocoa Powder = LIVE BACTERIA (lactobacilli, e.coli, etc.)
2 Tablespoons Flour = DEAD BODY CELLS
2 Tablespoons fine Bread Crumbs = PROTEIN
2 Tablespoons Corn Syrup = MUCOUS (lines the intestines)
2 Tablespoons Oil = FATS
1/2 cup Water = WATER

Slip on some vinyl gloves. Mash up and form into logs. Perfect!

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