

Microwave Bowl Potholders – Customize Your Size

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Hi 2 little hooligans readers! I am Karen from [Syzygy of Me](http://www.syzygyofme.com), and I am so excited to share a project with you for Fat Quarter Friday!



Do you cringe every time you have to remove a hot bowl from the microwave, afraid that you will burn your fingers, or worse yet, drop the bowl and spill the hot contents on you or your kiddos? Well fear no more because today I am going to show you how to make a bowl potholder so you don't even have to touch that hot bowl!

Here is what you will need:

2 coordinating fat quarters (100% cotton)

100% cotton batting

cotton thread

sewing machine

quilting ruler and mat or scissors

pins

fabric marker

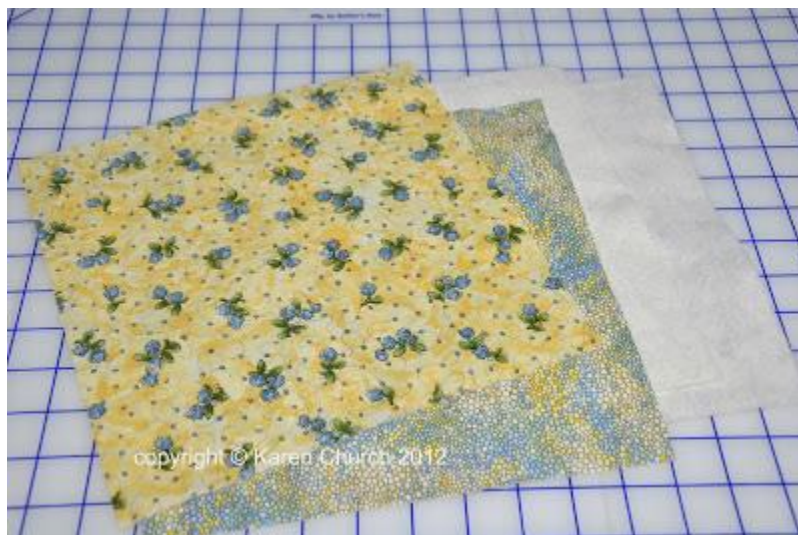
chopstick or bodkin for pushing out corners

You want to make sure you use 100% cotton materials because synthetic fibers could melt or catch fire in the microwave. Be sure your batting doesn't contain scrim or glue.

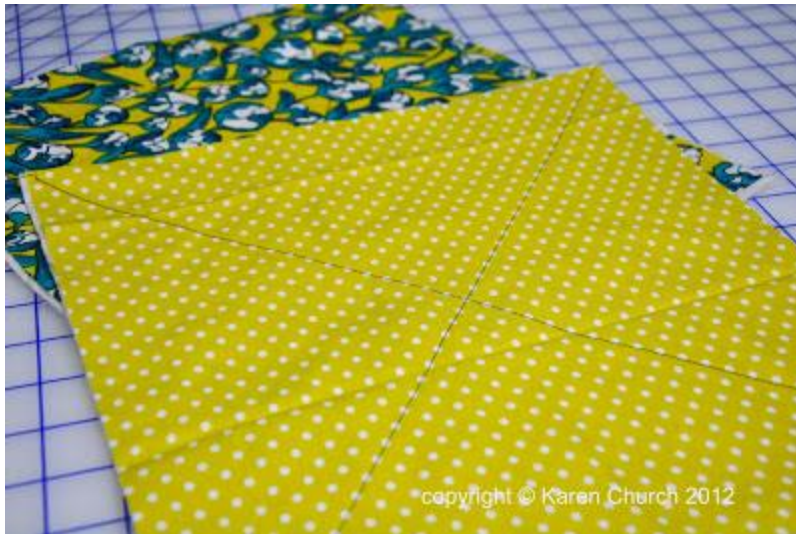
To figure out how big to cut your squares, measure the outside of the bowl from one edge to the other.



Then cut one square from each fabric, and two squares of batting to this measurement. My bowl measured 10", so my squares were 10".

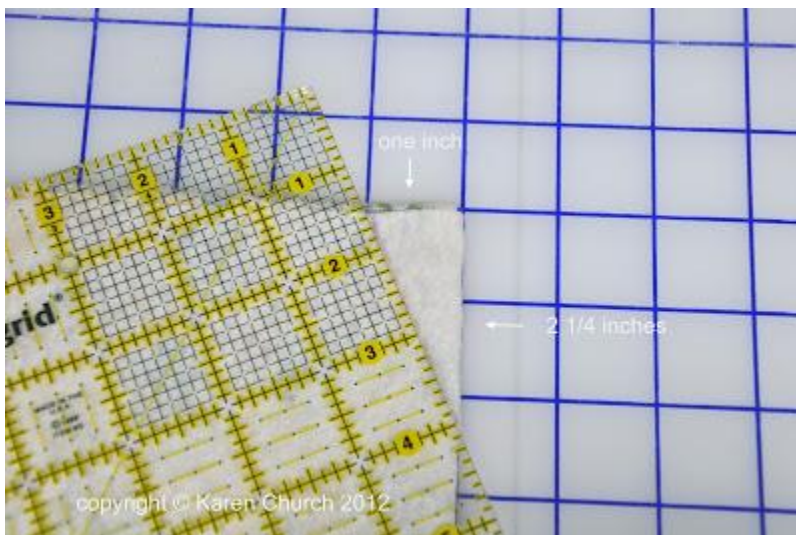


Place one fabric square right side up on top of a batting square, and quilt them together by sewing an X with a straight stitch diagonally to opposite corners. Repeat for the other fabric square. (Yes, I switched fabric on you!)



Now you are going to make darts in the centers of each side to give the potholder a bowl shape.

Fold the quilted square in half to find the center for the dart. I found the best way to do this was to line it up on my quilting mat grid and mark the stitch line with a fabric marker. I came in 1" and down 2 1/4" for the dart. Pin and repeat on all four sides. Repeat for other quilted square.



Sew along marked lines, back tacking at the ends of the darts. Trim seams.



The two halves should resemble bowls at this point.



Pin the bowls right sides together, matching corners and dart seams. Using 1/4" seam, sew together, leaving about 3" open for turning. I always put two pins at the opening to remind me where I am supposed to stop.



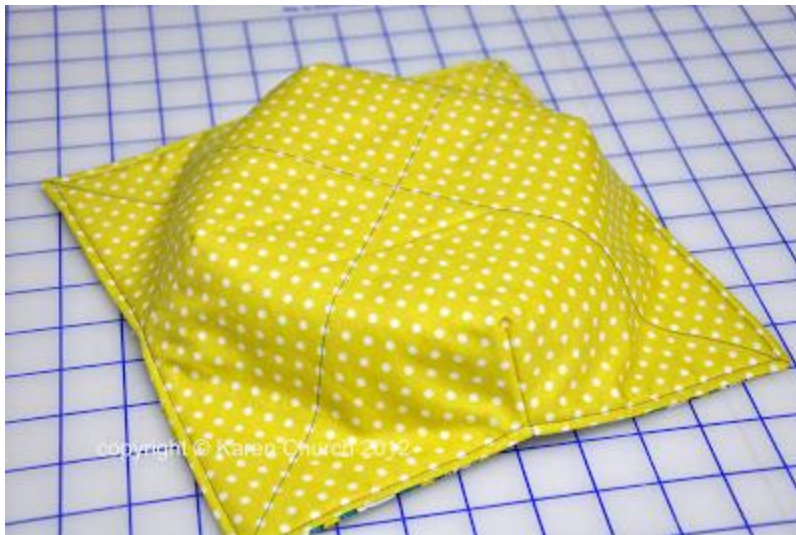
Trim corners. Turn right side out, push out corners, and press.



Topstitch around the edge, and you are done!



This is what the outside looks like.



This is a pretty forgiving pattern, and if you have an odd shaped bowl you are trying to fit, the darts can be adjusted to the length or depth you need. Just test the fit of the bowl before the darts are sewed, and make adjustments as needed.

These work great for making hot cereals or reheating foods in the microwave.



They can also be used as an insulating pad for cold foods like ice cream, so your lap and hands don't freeze! They should only be used in the microwave, though, and are not for use in a regular, toaster, or convection oven.

Thanks so much for having me, Christina, and I hope you all enjoy this quick and fun little project!