

### **Customisable Knitted Boob / Breast Recipe**

As each woman and each boob is different and unique, this is more a recipe than a pattern. The intention is that the boobs are made from it in different sizes, skintones and shapes. And as they are knitted top-down in the round (from the tip of the nipple) you can easily add more or less rows/increases or decreases until it looks as you want to.

#### **What you'll need:**

- DK weight yarn in two different colours
- 3.25mm needles - either (a) DPNs or (b) circular needles using the [Magic Loop](#) method
- stitch markers/scrap yarn
- suitable filling - I used polyester toy filling
- needle for sewing in ends

#### **Stitches used:**

This is a very simple pattern and apart from casting on and knit stitch, there are just 2 stitches

Kfb = Knit into the front and back of the same stitch to increase ([video](#))

K2tog = Knit 2 stitches together to decrease ([video](#))

#### **Knitting it:**

I've included the stitch and row counts used to make the sample in the pictures but this is as a guide rather than an instruction on how you should make yours. When each section is the desired size, simply move on to the next section.



#### *Nipple:*

1. Using the "nipple" yarn, cast on 3 stitches
2. Kfb all sts (6 sts)
3. Split evenly onto 3 DPNs
4. Join in the round then [kfb, k1] to end, place a marker (9 sts)
5. Knit all stitches until nipple is the required size - there are 5 rounds in the sample

#### *Areola:*

6. [Kfb, k, kfb] to end (15 sts)
7. Knit
8. [Kfb, k, kfb, k, kfb] to end (24 sts)
9. Knit
10. [Kfb, k, kfb] to end (40 sts)
11. Knit
12. [Kfb, k] to end (60 sts)

*Skin:*

13. switch to main colour for the skin and knit one round
14. [Kfb, k9, pm] to end *Note: Using DPNs I didn't place markers at the start of each needle, but used the changing of needles as my marker*
15. [Kfb, k to marker] to end
16. Repeat the last round until your boob is the required "fullness" (I had 96 sts)
17. Knit all sts - slipping markers - for 11 rows or until you have a sufficiently large (or small) boob
18. [K2tog, k to marker] to end - *If you didn't place markers at the start of the needles, remember to decrease there too!*
19. Repeat last round until you have 24 sts remaining

*Finishing:*

20. Leaving a long tail, cut yarn and thread the end through your needle then thread through the remaining sts but leave them loose. At this point, sew in any other ends.
21. Fill the boob with stuffing taking care to put stuffing into the nipple too. (In the sample I didn't put quite enough stuffing - ensure to put plenty between the increase points or it will look a little hexagonal.)
22. Using the yarn through the remaining stitches as a drawstring, pull the opening closed and sew closed.



If you make any boobs from these instructions, and are a Ravelry member please link to the [pattern page on Ravelry](#).

If you find any errors, please do let me know -

[craftsfromthecwtch@gmail.com](mailto:craftsfromthecwtch@gmail.com)

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