**Design Thinking is an iterative problem-solving approach that emphasizes empathy, collaboration, and experimentation.** While there isn't a universally agreed-upon set of "principal ingredients" for Design Thinking, there are generally three key elements or principles that are commonly associated with it. These principles are:

1. **Empathy:** Design Thinking places a strong emphasis on understanding and empathizing with the needs, perspectives, and experiences of the people for whom you are designing. It involves actively engaging with users or stakeholders to gain insights into their thoughts, feelings, motivations, and behaviors. Empathy helps designers uncover unmet needs and create solutions that truly address the users' challenges and desires.
2. **Ideation and Collaboration**: Design Thinking encourages multidisciplinary collaboration and a diverse range of perspectives. It involves generating a wide variety of ideas through brainstorming and other creative techniques. By involving individuals with different expertise and backgrounds, Design Thinking seeks to foster collaboration and inspire innovative solutions. The emphasis is on quantity and diversity of ideas rather than premature judgment or evaluation.
3. **Prototyping and Iteration:** Design Thinking emphasizes the creation of prototypes or mock-ups to quickly visualize and test ideas. Prototypes can be low-fidelity or high-fidelity representations of a solution. The iterative nature of Design Thinking means that multiple prototypes are developed and tested, allowing for rapid learning and refinement of ideas based on user feedback. This iterative process helps designers refine and improve their solutions over time.

While these three principles are often considered the core ingredients of Design Thinking, it's important to note that Design Thinking is a flexible framework that can be adapted and customized based on the specific context and needs of a project or problem.