



Natural Dyes for Decorating Eggs

Ingredients

- 1 dozen white eggs
- Cold water
- 1 tablespoon vinegar per dye
- Pink: 1 beet, shredded
- Yellow: 2 tablespoons turmeric
- Blue: 1 cup chopped red cabbage

Directions

1. To hard boil the eggs, place the eggs in a large pot and cover with 1 inch of water. Heat on high. Once boiling, cover with a lid and let sit for 10-12 minutes before draining. Let cool. This may be heavy, so be sure to have a loved one nearby to help if needed.
2. *For pink dye:* shred 1 beet (or chop into small pieces) and cover with water. Add 1 tablespoon vinegar. Heat on high, and once boiling, lower the heat and let simmer for 30 minutes. Strain the dye into a bowl or jar and let cool.
3. *For blue dye:* roughly chop 1 cup of red cabbage and cover with water. Add 1 tablespoon vinegar. Heat on high, and once boiling, lower the heat and let simmer for 30 minutes. Strain the dye into a bowl or jar and let cool.
4. *For yellow dye:* Add 2 tablespoons of turmeric to a small pot of water (about 2 cups). Add 1 tablespoon vinegar. Heat on high, and once boiling, pour into a bowl or jar and let cool.
5. After the eggs and dye are cool, color the eggs by soaking them in the bowls or jars of dye. The longer the eggs soak, the more vibrant the color will be. I recommend soaking the eggs for at least 1 hour. For the deepest color, soak for a couple of hours or overnight.
6. Mix dyes to create new colors! Try 1-part yellow (turmeric dye) to 1-part blue (red cabbage dye) for green, and 1-part yellow (turmeric dye) to 1-part pink (beet dye) for orange.

Ingredient Substitutes and other Color Ideas:

Don't have all of the ingredients? Try these other pantry staples for different colors!

- Red: Pickled or canned beets, red onion skins
- Orange: chili powder
- Yellow: yellow onion skins
- Green: spinach
- Blue: crushed frozen blueberries
- Lavender: purple grape juice
- Brown: coffee