

CREATE YOUR OWN WATERCOLORS



Make your own watercolor paint from your food.



Orange - Carrots

- Boil carrots in enough water for them to fully submerge. Remove the carrots and pour the water into a mason jar or small bowl.

Purple - Beets

- Boil beets in enough water for them to fully submerge. Remove the beets and pour the water into a mason jar or small bowl.

Green - Spinach or Kale

- Boil spinach or kale. Remove the greens and pour the water into a mason jar or small bowl.

Yellow - Turmeric

- Mix 1 teaspoon of turmeric with 1/4 cup of water. You can add more turmeric for a deeper yellow color. Add the water to a small bowl or mason jar.

Red - Strawberries

- Let frozen strawberries thaw in a bag and collect the juice from the thawed strawberries. You can dilute the juice with water to create a pink color. Save the water in a small bowl or mason jar.

Blue - Blueberries

- Let frozen blueberries thaw in a bag and collect the juice from the thawed berries. Save the water in a small bowl or mason jar.