



Make your own Watercolors!

Make your own watercolors from your food:

Orange – Carrots

Boil carrots, add twice as much water as you add carrots. Drain the carrots and pour the water into a mason jar or small bowl to paint with!

Purple – Beets

Boil beets, add enough water to cover the beets. Remove the beets and pour the remaining water into a mason jar or small bowl to paint with!

Green – Spinach or Kale

Boil spinach or kale. Drain the greens and pour the water into a mason jar or small bowl to paint with!

Yellow – Turmeric

Mix 1 teaspoon of turmeric with $\frac{1}{4}$ cup of water. You can add more turmeric for a deeper yellow color. Add the water to a small bowl or save in a small mason jar to paint with.

Red – Strawberries

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

Blue – Blueberries

Let your frozen blueberries thaw in a bag and collect the juice from the thawed blueberries. You can dilute the juice with water for a lighter blue. Dilute with one tablespoon of water at a time until you have the desired shade of blue.

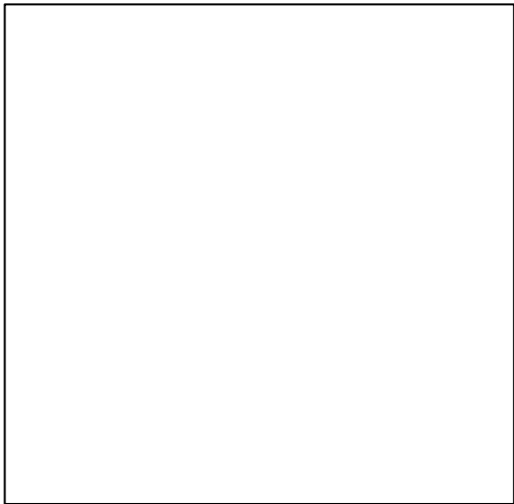
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*Use your watercolors to paint
your favorite meal*



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