

## Plant-Based Egg Dyeing

The photo shows the colors of food and plant pigments we tested. Try other foods or plants to see what colors you can make.

### Ingredients

4 cups water

2-4 cups food OR 2-4 Tbsp dry spice  
OR 1/4 cup herb or plant

### Directions

1. Combined water and dye material in a large saucepan.
2. Bring to a boil; reduce to a simmer.
3. Add desired number of raw eggs – still in shells – to saucepan once dye water reaches a simmer.
4. Cover and let simmer 15 minutes. Carefully stir mixture or spoon dye liquid over eggs as needed to coat eggs.
5. Remove eggs to clean wire rack or paper towel to dry.

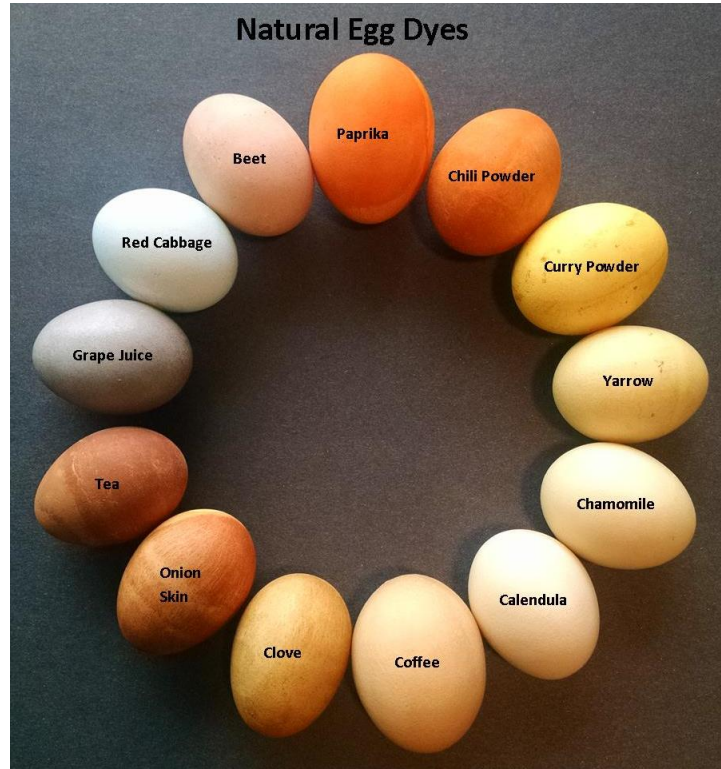


Photo credit: Jennifer Schultz Nelson, University of Illinois Extension, 2015

### Notes

- Eggs will hard-boil in this method. To eat eggs later, refrigerate eggs immediately once they dry and eat within 7 days.
- Eggs will dye several shades lighter than the dye water. For a deeper color, let dye water simmer for 15-60 minutes before adding eggs. Adding 1 Tbsp of white vinegar per cup of dye water may also help enhance color.
- Replace water with coffee, tea, or juice for a different dye color.

*The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at [go.illinois.edu/dmp](http://go.illinois.edu/dmp) or find us on Facebook or Twitter @uie\_DMP*