

Flowers and Colours

Mighty Mega Saturday Morning Club activities by Renata Minoldo

Hello and welcome to this week's video activity!

It is very exciting to me to be sharing this very fun and easy method for you to dye eggs out of beautiful and very special colours using all natural, edible ingredients. You will need the help of a grown up to do this, and also a bit of patience when letting the eggs rest overnight in the fridge to absorb all the colour! Please watch the video I made for you to see how to do this and enjoy the process and many colours with me. You could use this method to dye eggs for any festive or special occasion. I hope you have as much fun doing this as I did :)

Activity two: Dyeing eggs

You will need: some hard boiled eggs, 1 medium cooked beet with its juice, a handful of spinach, lemon juice, apple cider vinegar, water and butterfly pea flowers (included in your activity pack)



Step by step with the help of a grown up

1. 🍳 Hard boil eggs 🍳 To boil the eggs, place them in a pot and fill with water covering them by an inch. Bring to a boil over high heat. Once the water starts boiling, turn off the heat and cover with a lid. Remove from the burner and keep the eggs covered in the pot for 13 minutes. When done, transfer to a bowl filled with ice water and let them sit for 5 minutes.
2. To peel, remove from the ice water and crack each egg several times on the kitchen surface. Gently peel off the shells. *Fresh eggs don't peel well. It's better if you use eggs that you bought 7-10 days before cooking!*
3. To dye the eggs **pink**, we will use beets. Cut and mash your cooked beets or use a blender to do so. Add the extra liquid from the cooked beets and pour it all into a jug through a fine mesh sieve. Add some vinegar and some of the hard boiled eggs and let them rest in the fridge overnight.

4. To dye eggs **green**, we will use spinach. Wrap your hard boiled eggs in spinach and using a strainer on top of a pot with water, steam them for 20 min or so. Let them rest in the fridge overnight.
5. To dye eggs **blue**, simply add some butterfly pea flowers to a jug with water and wait for the magic to happen! The warmer the water, the quicker it'll become blue, but it'll work with cold water too, you'll just need to wait a little longer! Once you've got a nice shade, add some vinegar and the eggs and...guess what?! Let them rest in the fridge overnight.
6. As a bonus, you could make **purple** eggs too by adding some lemon juice to some of the blue liquid with vinegar. Put it on another jug along with some hard boiled eggs and let them sit overnight too!
7. After you've eaten your eggs and surprised your whole family and friends with them, **please keep the liquids in the fridge!** We will be using those for another lovely activity very soon :)

I hope you truly have lots of fun doing this,

With love and care,
Renata