

DIY project

Instructions on how to make handmade fruit and vegetable-based paints!



meyamo



Green



Spinach: 1 cup of finely chopped raw spinach

1. Cover the spinach with boiling water and let it stand for 5 minutes. Do not use too much water as the color will not be as concentrated.
2. Press and smash the spinach with the back of a spoon.
3. Strain all the juice.
4. Mix one teaspoon of the concentrated spinach juice with 6 teaspoons of powder sugar.

Purple



Red cabbage: 1 cup of finely chopped raw red cabbage

1. Cover the chopped red cabbage with boiling water and let it stand for 10 minutes. Do not use too much water as the color will not be as concentrated.
2. Press and smash the cabbage with the back of a spoon.
3. Strain all the juice.
4. Mix one teaspoon of the concentrated cabbage juice with 6 teaspoons of powder sugar.

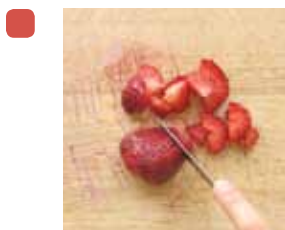


meyamo

DIY project

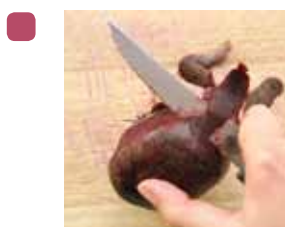
Instructions on how to make handmade fruit and vegetable-based paints!

Red



Strawberry: finely chopped ripe strawberry

1. Place the chopped strawberry in a strainer and mash it with the back of a spoon.
2. Mix one teaspoon of the concentrated strawberry juice with 6 teaspoons of powder sugar.



Beets: Beet skin from 1/2 a raw beet

1. Cover the beet skin with boiling water and let it stand for 10 minutes. Do not use too much water as the color will not be as concentrated.
2. Strain all the juice.
3. Mix one teaspoon of the concentrated beet juice with 6 teaspoons of powder sugar.



Grenade: Grenade seeds from 1/2 grenade

1. Place the grenade seeds in a strainer and mash them with the back of a spoon.
2. Mix one teaspoon of the concentrated grenade juice with 6 teaspoons of powder sugar.



Blueberry: 4 or 5 blueberries

1. Place the blueberries in a strainer and mash them with the back of a spoon.
2. Mix one teaspoon of the concentrated blueberry juice with 6 teaspoons of powder sugar. This paint color needs to be used in the next few hours as the color will oxidize fast and turn brown.



meyamo

DIY project

Instructions on how to make handmade fruit and vegetable-based paints!

Red



Raspberry: 3 or 4 raspberries

1. Place the raspberries in a strainer and mash them with the back of a spoon.
2. Mix one teaspoon of the concentrated raspberry juice with 6 teaspoons of powder sugar.

Brown



Coffee: 1 teaspoon of powder coffee

1. Dissolve the powder coffee in a teaspoon of hot water. You can add more coffee to achieve a stronger hue.
2. Mix one teaspoon of the concentrated coffee with 6 teaspoons of powder sugar.

Orange



Carrot: 1 cup of shredded carrots

1. Pour 2 tablespoons of boiling water over the shredded carrots and let it stand for 5-10 minutes. Do not use too much water as the color will not be as concentrated.
2. Press and smash the carrots with the back of a spoon.
3. Strain all the juice.
4. Mix one teaspoon of the concentrated carrot juice with 6 teaspoons of powder sugar.



Turmeric: 1/2 teaspoon of turmeric powder

1. Dissolve 1/2 teaspoon of turmeric powder in a teaspoon of hot water. You can add more turmeric powder to achieve a stronger hue.
2. Mix one teaspoon of the concentrated turmeric solution with 6 teaspoons of powder sugar.



meyamo

DIY project

Instructions on how to make handmade fruit and vegetable-based paints!

Yellow



Saffron: 1 teaspoon of saffron

1. Pour 1 tablespoon of boiling water over the saffron and let it stand for 10 minutes.
2. Strain all the juice.
3. Mix one teaspoon of the concentrated saffron solution with 6 teaspoons of powder sugar.



Lemon: Freshly grated lemon peel from 2 lemons

1. Pour 2 tablespoons of boiling water over the grated lemon peel and let it stand for 10 minutes.
3. Strain all the juice.
4. Mix one teaspoon of the concentrated lemon juice with 6 teaspoons of powder sugar.