

How to Naturally Colour Your Food

Red: Sprinkling ground, unheated paprika on foods produces a deep orange/red colour without changing the flavour

Orange: Boiling onion peels with eggs gives boiled eggs a dark orange colour

Yellow: Add turmeric to rice while it is cooking for a golden yellow colour

Green: Add spinach puree or avocado to kale to a cheesy pasta dish for a green flare

Blue: Boiled purple cabbage leaves and baking soda produce a blue liquid that can be added to meals for a blue tinge

Purple: Try adding beetroot juice into recipes for a purple/pink tint

