

RAD FRUIT & VEGGIE TIE-DYE

See what happens when you dip white fruits and veggies into beet juice. Have fun making your own rad designs and compare how they taste before and after you dip them!

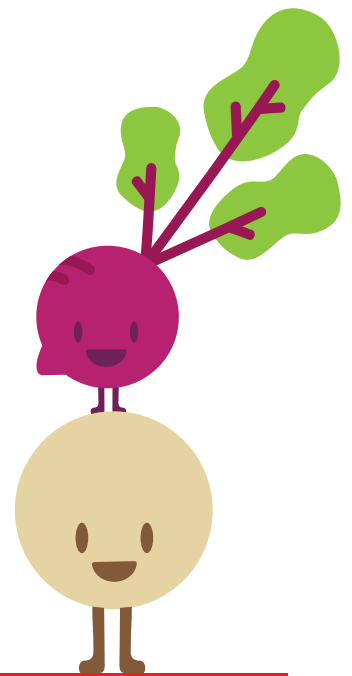
YOU'LL NEED:

- Canned beets (unsalted if you can find them)
- Paper towels
- Jicama, apples, dried coconut or potatoes
- Bowl
- Knife

STEPS:

- 1 With an adult's help, open a can of beets and strain the juice into a bowl. Set beets aside to enjoy later.
- 2 Slice the white fruits and veggies. Taste test them. How do they taste?
- 3 Put remaining fruits and veggies into the beet juice. Tie-dye them by dunking them half way or all the way.
- 4 Put the bowl with fruits and veggies in the fridge for 3 minutes or longer.
- 5 Remove the fruits and veggies from the juice. What happened? How do they look?
- 6 Taste test them again!
 - Do they taste the same or different after dying them?
 - What other juice could you use to tie-dye white fruits and veggies?

Be aware that beet juice stains. Before starting, put on some old clothes and lay down newspaper or paper towels.



TIP:

The longer you leave the fruits and veggies in the beet juice, the more colorful they get!

Show off your creations! Snap a picture and post it to the PowerUp Facebook page.

