



# Easter egg dye with spinach

30'  
Hands on

20  
Portion(s)

1  
Difficulty



## Ingredients

- 20 eggs, white, at room temperature
- 500 g spinach, only the leaves
- 100 g vinegar
- 1 teaspoon(s) olive oil

## Διατροφικός πίνακας

Nutrition information per portion

81 Calories (kcal)	5.5 Total Fat (g)	1.5 Saturated Fat (g)	0.0 Total Carbs (g)
4%	8%	8%	0%
0.0 Sugars (g)	7.1 Protein (g)	0.0 Fibre (g)	0.22 Sodium (g)
0%	16%	0%	4%

## Method

Spinach gives a lovely yellowy-green color to your Easter eggs!

- Wash the spinach leaves thoroughly.
- Fill a [wide pot](#) with water at room temperature. Add the spinach leaves, vinegar and eggs in one layer.
- Slowly bring the mixture to a boil and simmer for 20 minutes.
- When ready, remove from heat and allow the eggs to cool in the water, mixing them every so often.
- Once cool, place pot with eggs in the refrigerator overnight.
- The following day, remove the eggs from the pot with a [slotted spoon](#), lightly rinse and make them shiny by rubbing them with a little olive oil and a thin towel.

## Tip

The nutritional chart only refers to the eggs.