

Naturally Colored Homemade Sprinkles

<http://userealbutter.com/2019/02/01/homemade-sprinkles-natural-color-recipe/>
from *The Kitchn*

basic recipe for white sprinkles

2 cups (4 oz. or 115g) powdered sugar

1 tsp powdered egg whites*

1 tbsp warm water

more water as needed

1/4 tsp flavoring such as vanilla, lemon, or almond extract (omitted if making for dogs)

pinch of salt (omitted if making for dogs)

*You can use 15g of egg white (about half of an egg white from a large egg) in place of 1 teaspoon of egg white powder and 1 tablespoon of water.

Sift the powdered sugar into a medium bowl. In a small bowl, whisk the egg white powder and 1 tablespoon of water together until frothy. If using fresh egg white, whisk until frothy. Stir the egg white (reconstituted or fresh) into the powdered sugar. Add more water, 1/2 teaspoon at a time, until the icing is thick and smooth. It should be thick enough to hold a shape but thin enough to flow and be piped.

Lay a sheet of wax or parchment paper down on a flat work surface. Scrape the icing into a piping bag fitted with a Wilton No. 2 plain piping tip. Because the tip is small, it will clog easily, so be sure that your icing is smooth and without any lumps. Begin piping long straight thin lines of icing on your paper and repeat until you use up the icing. Allow the icing to dry for at least 24 hours.

When the icing is completely dry (it should be brittle and break cleanly versus smearing because it is still wet), lay a sharp knife flat and run it under the icing lines to separate them from the paper. Gather the icing strips together in the same orientation and cut them into small pieces. Store in an airtight container. Makes 4 ounces.

To make pink sprinkles: Crush 1/4 cup of freeze-dried raspberries or freeze-dried strawberries into a powder. Sift the powder through a fine-mesh sieve. This should yield about 2 tablespoons of powder. For a lighter pink, use less of the berry powder. For a darker pink, use the 2 tablespoons of powder. Sift the berry powder and powdered sugar together and proceed with the rest of the recipe.

To make purple sprinkles: Crush 1 cup of fresh blueberries and place in a small saucepan over medium heat. Stir constantly until the berries turn deep violet. Remove from heat. Strain/press through a fine-mesh sieve. You should get about 1/2 cup of thick liquid. Make the basic sprinkles recipe, but instead of using water to thin the icing, use the blueberry liquid until desired color is achieved, then add any additional water to get the right viscosity.

To make green sprinkles: Wash 1 1/2 cups of fresh parsley leaves. Freeze the leaves for 1 hour. Mince or purée the leaves and squeeze as much liquid from the leaves as you can. Strain the liquid through a fine-mesh sieve (any little bits of leaves WILL clog up the piping tip). You might get 2 tablespoons of liquid. Stir the parsley liquid into the icing instead of water to thin it. This yields a light green color. It tastes very weird. Dogs won't care, but humans will. If you are making green sprinkles for human consumption, try using matcha powder instead of parsley and add 1-2 teaspoons to the powdered sugar before sifting (and proceed with the rest of the recipe).

To make blue sprinkles: Place 2 cups of shredded red cabbage in a saucepan with 1 1/2 cups of water. Bring the cabbage to a simmer over medium heat. Remove from heat and let steep for 15 minutes. Strain the liquid into a vessel and discard the cabbage. Return the liquid to the pan and bring it a boil. Reduce the liquid to 1/4 cup volume. Stir in a pinch of baking soda. The liquid should turn from purple to blue – give it a minute or so if it doesn't happen right away. If it isn't blue enough, add a little more baking soda. If you added too much, it will start to turn greenish. To reverse this, add a few drops of white vinegar. Let the liquid cool completely. Use the blue liquid to thin the icing instead of water until you reach the desired shade. I used most of the liquid to get a sky blue color (before that, the icing looked grey), but after an hour I noticed my remaining liquid had turned teal. The sprinkles turned from blue to teal after a couple of days in a sealed jar. For something more stable, you might try butterfly pea powder.