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Eggs–travagant Eggs

By Rondi Hillstrom Davis and Janell Sewall Oakes

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Wonderfully simple to do and oh so impressive!

You don't need a \$40 Easter egg decorating kit with pages of instructions to impress your family and guests this Easter - achieve sophisticated elegance with colors taken directly from nature. Simply decorated from a myriad of plants and flowers, you can create a beautiful range of natural colors and textures. Try this technique - it's simple enough to do with young children.

Ingredients

Gather together eggs, an enamel or stainless steel pot, vinegar, cheesecloth, a rubber band, and plant materials such as onionskins, blueberries, pecan hulls, parsley, beets or dandelions.

Directions

1. To prepare the dye bath, fill a pot with two or three cups of plant material. Barely cover it with water (more plant material produces stronger colors.) Simmer for at least 30 minutes. Add water and stir as needed. The dyes can be made several days in advance and stored in the refrigerator. Strain and heat the dye before using it.
2. Use hard–boiled or blown out eggs. Carefully wash the eggs with soap and water. Allow them to dry. Wipe the eggs with vinegar.
3. To decorate the eggs, moisten small leaves and grasses, one at a time. Press them firmly against the egg. Hold them in place by wrapping the eggs in a six–inch square of cheesecloth or nylon pantyhose. Pull the cloth tight against the egg and secure it with a rubber band. Immerse the egg in a container of warm dye. Some dyes are stronger than others. The process may take only a few moments or several hours. Dyes derived from yellow onionskin, red onionskin, and blueberries all

provide quick results.

4. Unwrap the eggs, drain, and let them dry upright.

What a magical and unpredictable process. Each lustrous egg is a unique surprise. Some of our favorites were the results of happy accidents. Enjoy discovering!

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About the Authors: Rondi Hillstrom Davis and Janell Sewall Oakes are the co–authors of the award–winning book *Together: Creating Family Traditions*. To check out their website that's jam packed with family ideas, visit

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Eggs are healthful!

By Dr. Donald A. Miller

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After years of bad press, new studies show that eggs have been give a bum rap. If eggs are served without fatty sausage or bacon, no buttery toast, and cooked without fat, eggs are actually quite nutritious and safe. It's easy to boil an egg, or "fry" in a non–stick pan with a cover and a spoon or so of water.

Don't rule out the toast. And even a small amount of butter or margarine can help prevent hunger between meals. But be very careful to avoid margarine made with hydrogenated oils

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or "trans fatty acids".

Don't make deviled eggs with mayonnaise, but try low fat yogurt instead.

Omelets made with eggs and tofu, no cheese, can be tasty.

Boiled eggs, perhaps pickled in vinegar and salt water, can be a good meal or snack for warding off hunger.

Prepared intelligently, eggs are a great source of protein, vitamins, minerals, and can fight hunger better than sugary cereals or breakfast rolls.

* Diet with FACTS, not Fat–Burner MYTHS. *

For more pages in this health series, send blank email to snips@easyhealthdiet.com

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