



deliciousliving

MARCH 2016

TRUE COLORS!

Natural egg dyes from
fruits & vegetables



THE BEST SUPPLEMENTS TO TRY NOW

Top brands and
products for 2016



**Lunch made
easy!** Packable,
make-ahead
recipes for kids
and adults



New Hope
NETWORK

TRUE COLORS

THIS YEAR, DYE YOUR EASTER EGGS WITH NATURAL SHADES MADE FROM FRUITS, VEGETABLES AND DRINKS—AND LEAVE ARTIFICIAL COLORANTS AND TOXINS BEHIND

PHOTO BY JENNIFER OLSON

6 STEPS TO NATURALLY DYED EGGS

1. Add 1 cup of a chopped vegetable or fruit to each 1 cup of water. For example, add 2 cups of chopped purple cabbage to 2 cups of water. For juices/coffee/tea, just use the liquid as the dye; do not add water.
2. Bring to a boil, then reduce heat and simmer for 15 minutes.
3. Remove pan from heat, and let liquid dye cool to room temperature.
4. Pour cooled dye through a strainer and into a bowl to remove any food pieces (or leave food pieces in the liquid for a speckled look).
5. Stir 1 tablespoon of white vinegar into each bowl of dye.
6. Submerge hard-cooked eggs in the dye; refrigerate 12 to 48 hours for the most vibrant colors. Experiment with both white and brown eggs.

PARSLEY,
WHITE EGG,
24 HOURS

COFFEE,
WHITE EGG,
24 HOURS

RED CABBAGE,
BROWN EGG,
36 HOURS

YELLOW
ONION PEEL,
BROWN EGG,
24 HOURS

RED BEET,
WHITE EGG,
24 HOURS

COFFEE,
WHITE EGG,
12 HOURS




TURMERIC DYE

DYE TO TRY

VEGETABLES

Red onion peel
Yellow onion peel
Red cabbage
Red beets
Golden beets
Fresh herbs, such as parsley
and cilantro
Spinach or kale

FRUITS


Crushed
raspberries
Crushed
blueberries
Green apple peels


LIQUIDS

Strong-brewed coffee
Grape juice
Cherry juice
Green tea
Red tea


SPICES

Fresh or dried turmeric
Paprika





**YELLOW
ONION PEEL,
WHITE EGG,
12 HOURS**


RED BEET DYE





PERFECT HARD-COOKED EGGS


1. Place eggs in a saucepan with a pinch of salt; cover with water.
Note: the older the eggs, the easier they will be to peel later.
2. Bring water to a boil then reduce to a simmer.
3. Simmer eggs (12 to 13 minutes for large eggs, 10 to 12 minutes for medium eggs). Remove pan from heat. Using a slotted spoon, transfer eggs to a bowl of ice water until cooled. Refrigerate until ready to dye or eat.


**BLUEBERRIES,
BROWN EGG,
48 HOURS**




**TURMERIC,
WHITE EGG,
12 HOURS**




**RED CABBAGE,
WHITE EGG,
24 HOURS**