

## Avoid Added Chemicals with Easy Homemade Easter Egg Dyes

By Alisa Fleming - While most conventional dyes are boasted as non-toxic, many food-grade, FDA approved dyes are made with toxins such as coal, tar, and other petroleum based products. For those with sensitivities this can be a huge issue ... and for those who have just gone out of their way to purchase only organic eggs for their family, these harsh dyes can be an eco-friendly buzz kill. Luckily, the earth-kind people at Pangea Organics have enlightened us with easy, natural, edible dyes that will leave your eggs with brilliant Easter hues while easing your mind about what might be entering your children's mouths...

"You can make your own eco-friendly dyes out of everyday cooking ingredients. For instance, if you want a pink or red dye you can use pomegranate juice; red onion skins; beets; cranberries or cranberry juice and raspberries. If you are going for an orange color you can use yellow onion skins, paprika or chili powder. For green try using spinach. If blue is your color, try this mixture: red cabbage, canned blueberries or blueberry juice, blackberries or purple grape juice. I know what you're thinking - I want PURPLE. Us too! To achieve this color use a small quantity of purple grape juice, violet blossoms plus two teaspoons of lemon juice and a small quantity of red onion skins."

### Easter Egg Dye

Recipe from The Soap Box, the e-newsletter from Pangea Organics

Yields 4 cups of dye

- 1 tablespoon of a spice [ah, another use for that pungent turmeric!] OR 4 cups of a chopped fruit or veggies from our list above
- 4 cups of water
- 2 tablespoons of white vinegar (helps the dye adhere to the eggs)

Combine all these ingredients in a pot, and bring them to a boil, then reduce the heat and let the mixture simmer for 15 to 30 minutes (the longer it simmers, the darker the resulting color).

Now you can remove the dye from the heat and let cool. Next go to town on your hard-boiled eggs and let the hunt ensue.

Sources: [www.thegreenguide.com](http://www.thegreenguide.com); [www.idealbite.com](http://www.idealbite.com)

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