

METABOLIC CHANGE APRIL 2020 NEWSLETTER



HEALTHY EASTER BASKETS

Make Easter baskets with recycled paper grass or tissue paper. Plain popcorn can also be used. Use reusable baskets, e.g. toy buckets or backpacks, and fill with:

1. All-natural treats, e.g. Annie's cookies or bunny crackers, Pirate's Booty, Trader Joe's candy, Spry gum, or organic jelly beans.
2. Homemade Treats, e.g. microwave fudge, caramels, muddy buddies, no-bake cookies, or trail mix
3. Indoor activities, e.g. non-toxic art supplies, model kits, craft or art kits, puzzles, or board games.
4. Outdoor activities, e.g. non-toxic sidewalk chalk, jump ropes, non-toxic bubbles & wand, or heel skates.
5. Children's or young adult books or book series, e.g. Little Bear, Magic Treehouse, Harry Potter, or a Roald Dahl Collection.

SAFE & FUN EASTER ACTIVITIES

1. **Easter Basket Mazes** are easy and fun to create. Tie a string at the foot of the bed, allowing for enough string to make a trail throughout the house. Tie the other end to the Easter basket and hide. If tying string to multiple Easter baskets, weave through each other to make a maze. Make sure string is loose and visible to avoid a tripping hazard.
2. **Natural Eye Dyes.** Boiling eggs with food, such as yellow onion skins or chili powder, is an easy and inexpensive way to dye eggs. Allrecipes has a list of [9 Natural Easter Egg Dyes.](#)
3. Martha Stewart has creative ideas for [indoor egg hunts](#). Some towns are also conducting their own virtual egg hunts.
4. Celebrate Easter this year with spring planting! Seed starter kits are in are sold in grocery supercenter stores.
5. Easter brunches featuring eggs are healthy and inexpensive, e.g. Quiche, Egg Salad Sub or Club sandwiches, 7 Layer Salad, Cobb Salad, or a Farmer's Breakfast. If using bacon, Applegate Farms turkey bacon or vegan bacon can be a healthy alternative.

BIRD'S NEST CUPCAKES

Annie's Organic Confetti Cake Mix
King Arthur Buttercream Frosting Mix
All-Natural Green Food Coloring (optional)
Shredded Coconut (optional)
Organic Jelly Beans

All-natural mixes can be part of a healthy stocked pantry. King Arthur offers a variety of high-quality all-natural and gluten-free baking products that can be ordered online.

Make cupcakes and frosting according to package directions. Color coconut by placing in bowl, sprinkling with food coloring, and stirring. Frost cooled cupcakes. Sprinkle with coconut. Press a small spoon into the top of the frosted cupcake, making a small well. Place 2 or 3 jellybeans in the well.

Have a Happy Easter & Stay Safe!

