



Egg-ceptional facts you may not know about Easter!

The Easter bunny legend began in Germany

– The origin of the Easter bunny dates back hundreds of years, beginning in pre-Christian Germany where the hare was said to be the symbol of the Pagan goddess of spring and fertility. As Christianity spread, Pagan traditions were blended with Christian holidays, which saw the Easter bunny lay a nest of colourful eggs (now chocolate), for children who were well-behaved on Easter Sunday.

The holiday was named after the Anglo-Saxon Goddess, Eostre – who was depicted as a fertility goddess and a goddess of dawn and light. She was honoured at Pagan festivals celebrating the arrival of spring, further highlighting the blend of Pagan traditions with Christian holidays.

More than 1.5 million Cadbury creme eggs are produced every day

– Cadbury's make 500 million creme eggs every year! If you piled them on top of each other, it would be 10 times higher than Mount Everest!

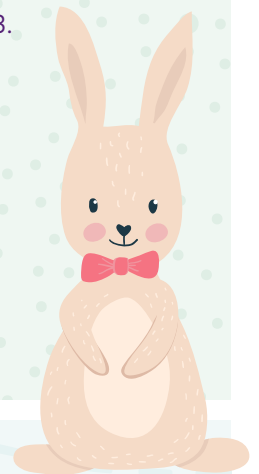
The world's largest Easter egg weighs at 5000lbs – Standing at 31ft tall and 18ft wide, it is the world's largest Easter egg and is found in Vegreville, Alberta, Canada. It took 12,000 hours to complete and is a sculpture made from 3,500 pieces of aluminium.

Pretzels used to be associated with Easter – When we think of Easter, chocolate, hot-cross buns and eggs usually spring to mind. But did you know that pretzels are also an Easter tradition as the twists resemble arms

crossing in prayer. From the 1950s, it was tradition for Germans to eat a pretzel and a hard-boiled egg for dinner on Good Friday.

The UK's first chocolate egg was produced in Bristol in 1873

– The Fry family of Bristol ran the largest chocolate factory in the world and produced the first chocolate egg, in 1873. Two years later Cadbury's make their first Easter egg.



EASTER FOODIE FACTS BY ELAINE

Believe it or not chocolate can be good for you, so Easter is the best excuse to have chocolate for breakfast – it's a shame it only happens once a year! Dark chocolate has been around for at least 2000 years; it was a luxurious item for the upper-class Aztecs who believed chocolate symbolised longevity and was always served at the end of banquets.

Milk and white chocolate also have their benefits as they contain more calcium than dark chocolate but contains less cocoa; usually around 20%, when the dark variety is often 40% upwards. Cocoa beans contain phenethylamine which is known to increase feelings of pleasure and comfort and can help alleviate depression and low mood. Chocolate also contains high amounts of flavanols which are plant-derived chemicals,

and studies show that chocolate has the following health benefits:

- Lowers cholesterol if eaten little and often
- Protects the heart
- Lowers blood pressure
- Can help reduce inflammation
- Increases blood flow to the brain
- Can be good for the skin; high cocoa content in chocolate can help reduce skin pigmentation
- Green & Blacks or Lindt are great brands for good quality chocolate at a good price and Holland & Barrett have a great choice if you are dairy intolerant. If you like a bit of heat, try the Lindt chocolate bar with a hint of chilli which is available in all supermarkets, or if you're feeling brave, you can always

try the Marmite Easter egg which I know is available in Asda!

Lidl do an amazing Fruit & Nut egg which includes chopped nuts, freeze-dried raspberries and coffee flavoured chocolate in a thick shell – added fruit and nuts are a bonus!

Waitrose have some interesting varieties of chocolate available over Easter including a chocolate Scotch egg, an Easter chocolate lemon or pomegranate which have a white chocolate shell with fruit flavours – they look just like a piece of fruit!



Easter is the only time when it's perfectly safe to put all your eggs in one basket!





Creativity at Easter to boost your wellbeing by Andy Holter

With the Easter weekend almost here, we can look forward to not only having a few days off, but also the opportunity to spend much-needed time with family and friends, being creative, and sharing in laughter and fun.

Whilst Easter can mean many things to many people, religious or non-religious, one thing is true; it's a time for sharing. Sharing in a gift, sharing a chocolate egg, or sharing with a bunch of flowers or a simple random act of kindness. Easter is a time for giving so let's get creative together and do something this Easter that perhaps you may not have not done in a long time.

Sit down, turn off your mobile phones and clear the dining room table. Hard-boil some eggs, get the fun paints out and as a family or with friends, decorate the eggs – unleash your creative flair! Then make a little basket out of paper or card and place them on the window ledge for all to see.

If you're feeling extra creative why not get some coloured card or paper, cut out some egg's shapes, use some fun paint to decorate the eggs, add some sparkle and hang them up in your front window too.

Creative thinking and sharing in activities can really help in boost our mood, improving positive feelings; feeling happy and most of all finding ourselves relaxed in the moment.

So plan an activity involving all the family. If you're home alone, set up Zoom meeting and you can do this virtually with family and friends who may be at the other end of the country or perhaps overseas.

Here are some 'egg-citing' ideas to get you going:

1. Try an Easter egg hunt. Grab a bag of small chocolate eggs and hide them around the house: in a bookshelf, cupboard,

behind a cushion or if you have a garden, you can be adventurous and have some fun.

2. Dye some eggs and experiment with marbling techniques

3. Cook a nice meal – we've all cooked a lot lately, but make that extra effort to make it feel special

4. Bake a loaf of bread

5. Indulge in hot cross buns for tea

6. Make Easter cards for your family or neighbours

7. Have an egg and spoon race in the garden

8. Create a gift basket – maybe some small chocolate eggs, chocolates, poems, maybe draw pictures and share it with a neighbour.

9. Make an Easter Wreath and place it on your door

10. Go for an Easter walk through local woods, perhaps take a scrap book and stick various different types of leaves in the pages, or maybe take some of your chocolate eggs with a picnic blanket and sit down and enjoy the surroundings for the afternoon. Pinterest is a great place to look for Easter craft ideas.

Whatever it is you decide to do this Easter, have fun, laugh lots and enjoy spending real quality time together.



Easter Quarantini – The Mini Egg Martini!

25g Cadburys mini eggs / 25ml crème de cacao
1 tsp honey / 25ml Baileys / 50ml Vodka / Ice

Crush the Mini Eggs in a pestle and mortar then tip onto a small plate. Brush the rim of a martini glass with a little of the honey using a pastry brush then dip the glass into the crushed Mini Eggs to stick them on. Pop the glass in the fridge until you need it.

Pour the crème de cacao, Baileys and vodka into a cocktail shaker with a handful of ice and shake until the outside of the shaker feels really cold. Strain into your prepared glass and serve.