

The background of the entire page is a light-colored wooden surface with a visible grain. Scattered around the central text area are several Easter eggs in various colors: yellow, light blue, pink, and teal. Some of the eggs are speckled with small dark spots, while others are solid colors. The eggs are positioned at the top, bottom, and sides of the central white area.

My Eco-Friendly Easter planner

Blending Transylvanian, Hungarian,
Romanian & British Traditions Recipes,
Activities & Sustainable Tips for a
Memorable Easte

Easter Recipe Shopping List

Traditional Easter Feast Essentials

- 1.5 – 2 kg smoked ham (preferably nitrate-free)
- 1 leg of lamb (about 2 kg)
- 150 g liver (lamb or chicken)
- 600 g all-purpose flour
- Fresh yeast or dry yeast (15 g fresh recommended)
- 200 ml milk
- Butter (180 g)
- Pork lard (60 g)
- Eggs (at least 10 - for baking, dyeing & brushing)
- Powdered sugar (50 g)
- Granulated sugar (300 g for syrup + extra for general use)
- Ground walnuts (350 g)
- Ground poppy seeds (280 g)
- Ground plain biscuits (100 g total)
- Organic orange and lemon (zest for fillings)
- Cinnamon, ground clove
- Fresh parsley and dill
- Garlic and onions
- Horseradish (fresh or jarred)
- Bread (for stuffing)
- Paprika, salt, pepper, olive oil



Easter Recipe Shopping List

Eco-Friendly Egg Dye Shopping List

- **Red cabbage**
- **Beetroot**
- **Onion skins**
- **Spinach or parsley**
- **Turmeric**
- **White vinegar**
- **Reusable cheesecloth or old tights**
- **Beeswax candles (for wax-resist patterns)**



Family Activity Checklist

- Eco-friendly egg painting using natural dyes
- Easter sprinkling with lavender or rose water
- Candlelit Christian Easter service or reflection at home
- Bake bejgli together as a family
- Prepare stuffed lamb or smoked ham for the Easter meal
- Decorate the table with homemade leaf-printed eggs
- Organize a British-style egg hunt in the garden
- Bake or buy hot cross buns
- Tell stories about family Easter traditions from Hungary, Romania, or the UK
- Make daffodil or wildflower arrangements for a spring centerpiece





Eco-Friendly Tips

Simple Ways to Keep Easter Green:

- Use biodegradable fillable eggs for your egg hunt
- Choose fairtrade chocolates and eco-conscious treats
- Dye eggs naturally using kitchen scraps and herbs
- Repurpose ham broth for soups
- Use cloth napkins and reusable decorations
- Bake from scratch to reduce packaging waste
- Compost your onion skins and beet peels after dyeing
- Swap synthetic air fresheners for lavender hydrosol or beeswax candles

Sample Easter Menu

Transylvanian-British Easter Menu

Starter:

Eco-dyed eggs with horseradish & crusty bread
Spring salad with garden herbs

Main Course:

Stuffed lamb roast with fresh dill and parsley
OR Smoked ham with horseradish and boiled eggs
Roasted seasonal vegetables & pickled gherkins

Dessert:

Traditional bejgli (walnut & poppy seed roll)
British hot cross buns with butter
Herbal tea or pálinka (for the adults!)



Easter Memories & Reflections

Use this space to jot down what went well, funny moments from the egg hunt, or how your kids reacted to the sprinkling ritual.

[illegible]