

THE FEARLESS OLIVE
BY REEMA ISLAM



The healthy Easter Sunday!



Of bunnies and hares and colourful eggs in a basket, Easter Sunday arrives in Bangladesh in all its glory. Celebrated the world over by the Christian community, Easter traditions are a mix of rituals borrowed from times before Christianity to local depictions of the Day of the Resurrection of Christ.

Come March equinox and the calendar for Easter Sunday swings into motion as Christians the world over prepare to end their 40 day fasting period called the Lent, which leads to a day that symbolises the resurrection of Christ, on Easter Sunday. This event follows the Easter Triduum (Latin 3 days): Palm Sunday, Maundy Thursday and Good Friday, which collectively symbolise Christ's arrival in Jerusalem, the last supper and his crucifix-

ion, respectively.

Easter, is a name possibly derived from Germanic roots with the goddess Eostre in whose honour a pagan festival was celebrated with a feast and the welcoming of spring. Orthodox Christians therefore still refer to it as Pascha, which is derived from the Jewish festival of Passover.

The traditions of eggs and the Easter bunny are all signs of spring, fertility and a new beginning as the bunny is known to be a highly productive animal! Colouring the eggs has been going on for as long back as 5000 BC, which were then presented as signs of friendship and even as symbols of a new beginning.

The Zoroastrians of Persia also celebrated Nowroz (New Day) or their New Year,

decorating eggs. Some traditions colour the eggs red as the blood of Christ while others go for an empty shell that signifies the rising of Christ leaving his tomb empty.

Certain symbolisms go with a typical Easter table spread like the lamb dish signifying Christ who was known to be the "lamb of God" while others predate to pagan rituals like the ham, which brings luck, cake/bread amounts to fertility and eggs symbolise a new beginning.

The fearless Olive wishes all its Christian readers a happy Easter Sunday. Eat well, eat healthy and give our merry Easter menu a shot!

Hot cross buns

Archaeologists excavated the ancient city of Herculaneum in southwestern Italy, which

had been buried under volcanic ash and lava since 79 C.E. and found two small loaves, each with a cross on it, among the ruins. The English word "bun" probably came from the Greek boun but it is thought that bread was served as an offering to Eostre. Hot cross buns came about in the times of the Tudor dynasty as bread was mostly prohibited during Lent and the fact that they were really hot was a value addition!

Ingredients:

(Serves 10 Hot Cross Buns)

250g whole-wheat flour

50g Quaker oats

1 tsp ground cinnamon, 1 tsp dried yeast

½ cup milk

1 tbsp honey, 1 tsp orange zest

¼ cup olive oil

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