

# TASTY, TRADITIONAL

Bright Red  
Mayan Food Colorant

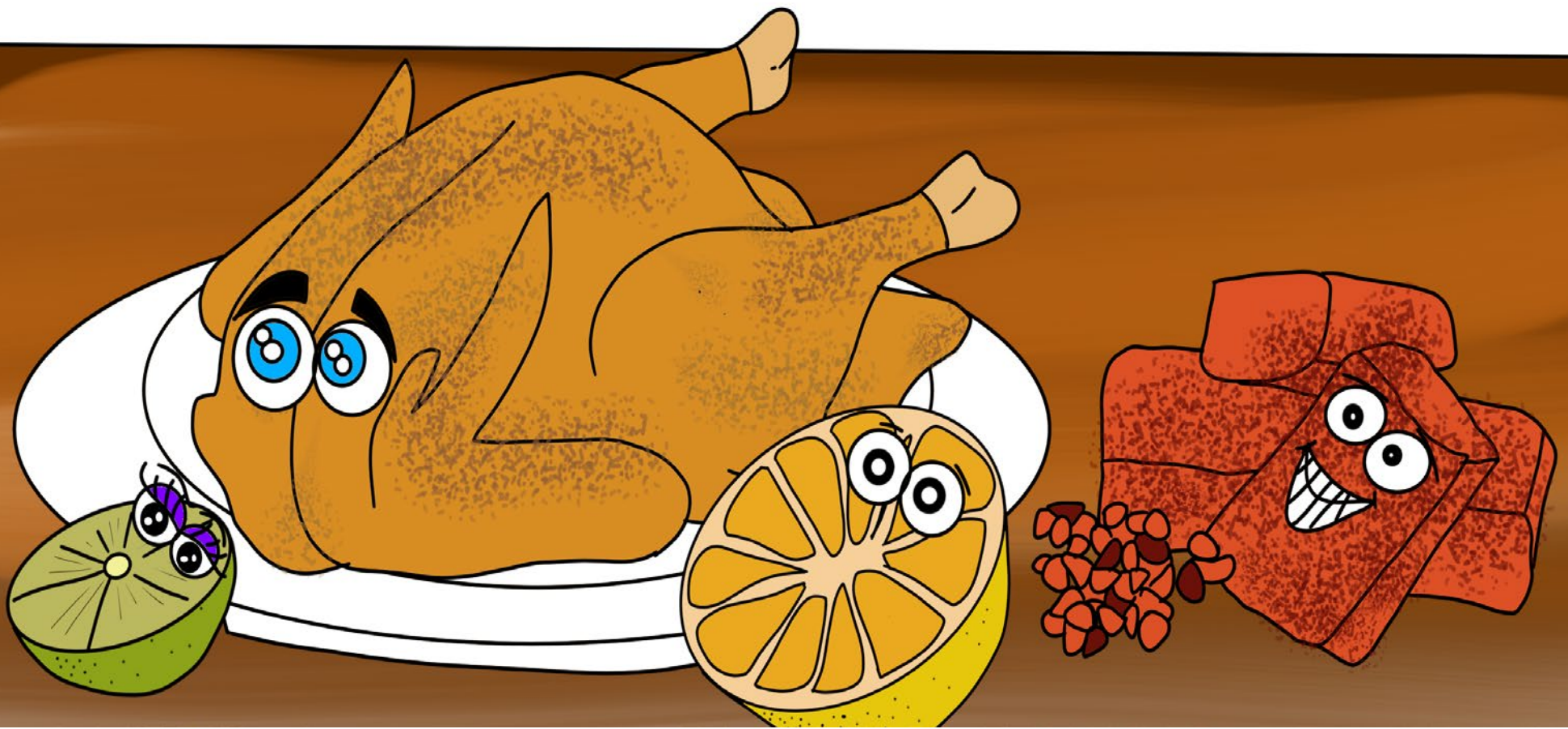
Achiote from Guatemala

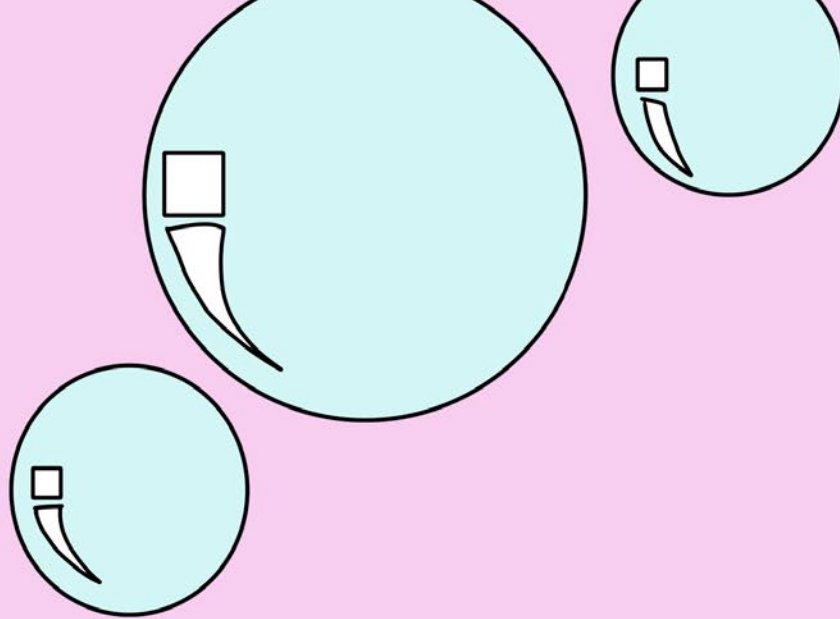
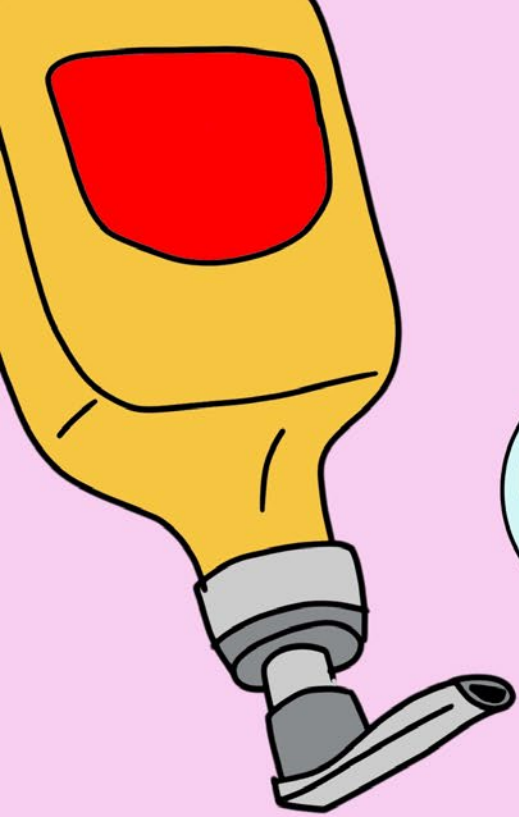


In perhaps three  
or four years I am  
mature enough to  
bear flowers and  
seed pods.



Achiote is put into chicken food nowadays, to make the yokes and meat less pallid.





Oil from the seeds can be used for  
creams,  
lotions, and shampoo

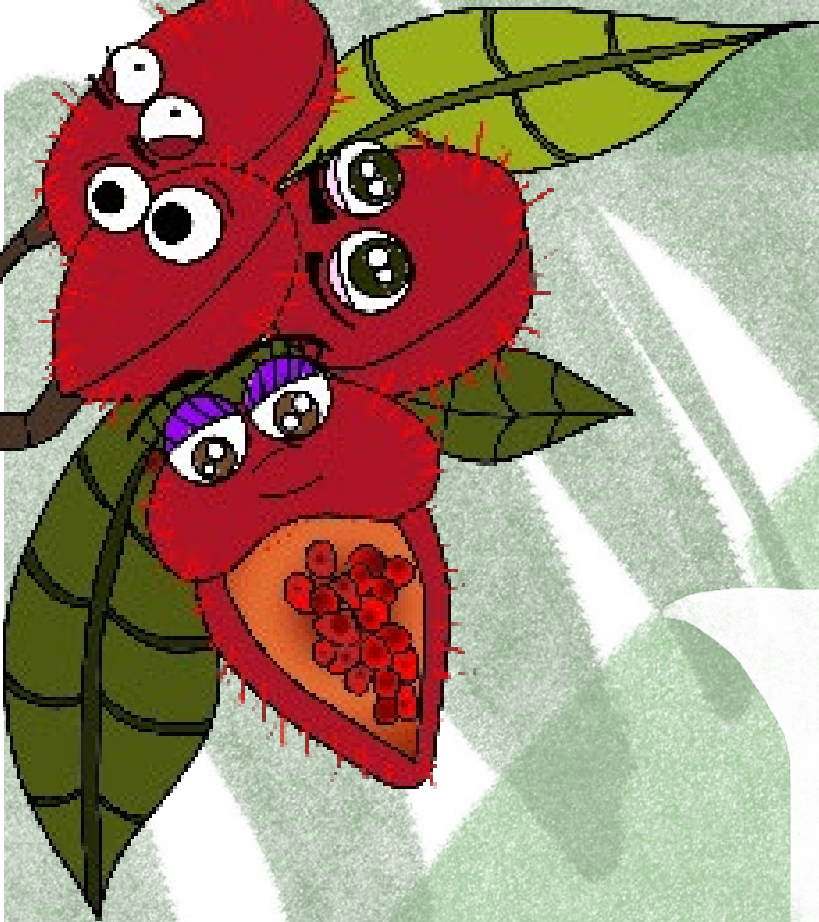
(though cochinilla red colorant can also  
be used for many cosmetics)

It may be used for lipstick. Indeed in some  
countries it may be called the lipstick tree





Good bye



MayanToons are produced by the 100% Guatemalan team of FLAAR Mesoamerica, coordinated by FLAAR (USA).

You can learn more about our educational comic book creation and illustrator teams on [www.mayantoons.org](http://www.mayantoons.org)

## For more content:

[www.maya-ethnobotany.org](http://www.maya-ethnobotany.org)

[www.maya-ethnozoology.org](http://www.maya-ethnozoology.org)

[www.mayan-characters-value-based-education.org](http://www.mayan-characters-value-based-education.org)

