



*Imagine indulging this
Easter without feeling
bloated or guilty?*

*All our delicious creations
are Gluten Free, Dairy
Free & low in natural
sugar! Our yummy
Healthy Chocolate
recipes you can make in
under 10 minutes.*

**The whole family can get
involved with our super
simple and delicious Easter
recipes that are guilt-free
and healthy!**

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Get Creative

Learn it

Live it

Love it

METHOD

1. Soak goji berries until soft (about 10 minutes)
2. Pour coconut oil in a bowl and slowly stir in the raw cacao
3. Add honey & stir well
4. Drain & dry off goji berries with a paper towel
5. Add goji berries & make sure all ingredients are well mixed through.
6. Line tray with baking paper.
7. Pour in chocolate mixture.
8. Place in freezer for 20 minutes.
9. Cut or break into bite size pieces.
10. Best to store in freezer.
11. Just remove from freezer 5 minutes before ready to eat.





Go Nuts Chocolate Bar

INGREDIENTS

- 1/2 cup coconut oil
- 1/2 cup shredded coconut
- 1/2 cup chopped almonds
- 1/2 cup chopped macadamias
- 1 tbsp cacao powder
- 2-3 drops vanilla essence
- 2 tbsp honey
- Pinch of salt

METHOD

1. Melt the coconut oil over low heat. Once melted, add the honey, making sure to mix well.
2. Once well combined, add vanilla essence to taste.
3. Add in shredded coconut, almonds, macadamias and mix well.
4. Add in pinch of salt.
5. Pour mixture into lined tray.
6. Let mixture set in freezer.





Peppermint Stack

INGREDIENTS

- 1 cup desiccated coconut
- 1/2 cup coconut oil
- 1/2 cup cacao powder
- 3 tbsp raw honey (or to taste)
- 5 drops peppermint essential oil

METHOD

1. Melt the coconut oil over low heat. Once melted, add the honey, making sure to mix well.

2. Once well combined, add cacao powder and mix through.

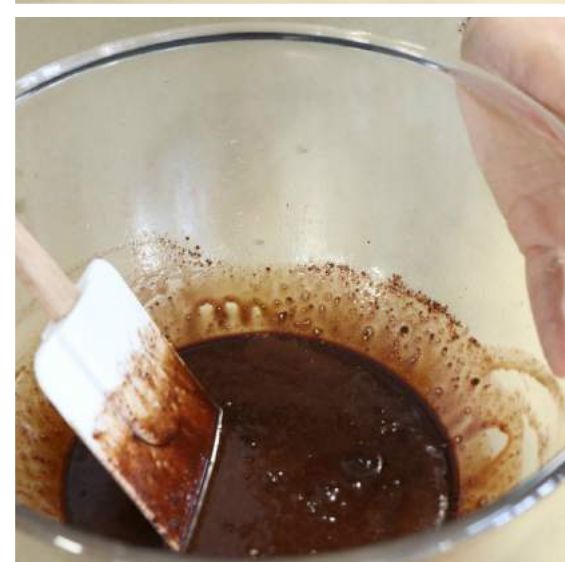
3. Mix in desiccated coconut and peppermint oil. You can adjust the number of drops depending how minty you like it.

4. Spread mixture evenly on a tray lined with baking paper.

5. Place tray in freezer until mixture has set. This can take up to one hour.

6. Once set, slice into squares and serve :)

Note it is best stored in the freezer.



GF
DF



Cranberry Delight Bliss Balls

INGREDIENTS

- 1/2 cup almonds
- 1/2 cup cashews
- 7 medjool dates
- 1/2 cup dried cranberries
- 2 tbsp cacao powder
- Coconut to garnish



METHOD

1. Mix nuts in a food processor until crumbly.
2. Cut dates into smaller pieces (and remove seed) and feed into food processor.
3. Add cranberries and mix well.
4. Add cacao powder.
5. If the mixture is not sticking, slowly add 1 tsp of water at a time until everything clumps together.
6. Roll mixture into a balls and roll into coconut.
7. Place in the freezer for 30 minutes to set and then refrigerate.



GF
DF



Banana Muffins

INGREDIENTS

- 2 cups almond meal
- 1/2 cup coconut flour
- 1 tsp baking powder
- 1/3 cup honey
- 3 tbsp coconut oil
- 1 tsp vanilla essence
- 3 large eggs
- 1/2 cup almond milk
- 3 x ripe bananas
- 1/4 tsp celtic salt
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg

*Just in case you're not
a fan of chocolate :)*

METHOD

1. Preheat oven to 180 degrees celsius
2. Line a 12 tin muffin tray with paper cases
3. Place almond meal, coconut flour, baking powder, cinnamon, nutmeg in a bowl and mix well with a wooden spoon
4. In a separate bowl beat the eggs with a fork & slowly add to the dry ingredient mixture
5. Add the vanilla essence & honey and stir well with wooden spoon
6. Add in the coconut oil and mix well
7. Add in the almond milk and stir really well and stir well
8. Mash the 3 bananas in a separate bowl and then add to the mixture make sure all ingredients are combined really well
9. Pour mixture evenly into paper cases
10. Cook for 35 minutes or until a knife comes out clean when placed into the middle of muffin



The Secret Ingredients

It's the quality ingredients that we use that makes these treats so delicious and guilt-free!

You might even be surprised at the number of health benefits linked with our goodies...! Just when you thought there couldn't be more reasons for you to enjoy all these Easter treats!



Raw Cacao

Did you know that chocolate, in its purest form, is a superfood? We're talking about *Raw Organic Cacao*, which is very different to your store-bought chocolate that is typically made from cocoa.

Unlike cocoa, Raw Cacao is made by cold-pressing unroasted cacao beans. This process **retains the living enzymes** in the cacao, resulting to a **higher overall nutritional value**. The result? A myriad of health benefits that come with the delicious taste of CHOCOLATE!

1. 40 Times the Antioxidants of Blueberries

The antioxidants found in cacao absorb free radicals that come from pollution and toxins in our environment. This protects your heart and prevents cell and tissue damage that can lead to diseases.

2. Boosts Your Mood

Did you know that cacao contains the same brain chemical that is released when we experience love? In fact, it is packed with plenty of bliss chemicals that are associated with feeling of wellbeing, happiness and can even help depression.

3. Natural Energy Booster!

Raw Cacao is one of the highest plant-based sources of magnesium, which helps produce energy and is important for a healthy heart.



Coconut Oil

There are SO many different uses for coconut oil! In fact, most people wouldn't even realise just how versatile it really is. From cooking to household uses and skin and hair, the real question is what can't coconut oil do?

Did you know the healthy fats found in coconut oil only have to go through a 3 step process to be turned into fuel compared to the 26 step process other fats need? This means it's immediately converted to energy instead of being stored as fat.

1. Coconut Oil is the Superman of your Body

Because coconut oil is high in natural saturated fats (the good stuff), it helps **increase the good cholesterol** in your body while also converting the bad ones into good cholesterol. And by doing so, it helps **promote heart health** and **lowers your risk of heart disease.**

2. Supports Immunity

One of coconut oil's healthy fat is lauric acid, which contain **anti-fungal, anti-bacterial and anti-viral** properties. This supports your immune system by providing it with a natural fuel source (and is also perfect to curb any sugar cravings).

3. Helps Control Weight

It may sound a little contradictory to say that eating coconut oil, which is a fat, will help you lose fat – particularly abdominal obesity, but studies show coconut oil **boosts your metabolism** and protects the body from insulin resistance.



Cranberries

Whether you choose to have them mixed in food or just on their own, cranberries is another little red berry that has a positive impact on our health.

1. The Power of Antioxidants

This little superfood is **loaded with antioxidants and anti-inflammatory properties**. In fact it has one of the highest concentrations of antioxidants compared to all fruits.

2. Keeps Your Tummy Happy

Cranberries have the ability to prevent bacteria from sticking to the lining of your stomach wall. This helps flush out toxins in your body and relieves bloating..

3. Keeps the Flu Away!

Eating cranberries can also help strengthen your immune system and reduce cold and flu symptoms. It can also help keep other illnesses away.

Do note that cranberry juice, especially the ones you find in supermarkets, will not provide you with all these benefits as if you were to eat a whole, dried cranberry directly.



Goji Berries

This little nutrient-dense berry, which tastes like a cross between cranberries and cherries, dates back to over 2,000 years when it was first used in **traditional Chinese medicine**. It is now labelled as a superfood thanks to its wide range of health benefits.

1. Goji Berries Pack a Punch

Just like raw cacao powder, goji berries are also an excellent source of antioxidants, which help ward off signs of premature ageing by **fighting free radicals** and reducing inflammation.

2. Healthy from the Inside Out

Goji berries are loaded with five different carotenoids including beta-carotene which helps promote healthy skin and can even act like a **natural skin cancer treatment**. They also **protect your eyes** from age-related diseases like macular degeneration and help stop damage from UV light exposure.

3. Stabilises Blood Sugar

This wonder berry is especially useful for people with diabetes as it helps **control the release of sugar** into the bloodstream which helps prevent spikes and dips due to problems balancing glucose levels.



Peppermint Oil

One of the most commonly used and easily recognisable scents has to be peppermint. Similar to coconut oil, **there are so many different uses for peppermint oil and just as many benefits.** It's definitely an essential oil to keep in your medicine cabinet.

1. Eases Bloating and Indigestion

Peppermint oil has the ability to **relax the muscles** of your intestines, which **reduces bloating and gas.** Try adding one drop of peppermint oil to your water or drinking peppermint tea (which is caffeine free too!)

2. Soothes Nausea

Feeling a little **motion sickness**, or perhaps just nauseous? By adding a drop of peppermint oil to your water, or rubbing 1-2 drops behind your ears, or just inhaling the refreshing smell can help ease away the nausea.

3. Joint and Muscles Pain Relief

Peppermint oil can also be applied topically as well, especially when you have an aching back, sore muscles or a tension headache. This is because peppermint oil is a very **effective natural painkiller and muscle relaxant.** Simply apply some pure peppermint oil (you can try mixing it with lavender oil too), and rub it in the affected area.



Fun Easter Gifts



Nothing beats a
homemade gift
from the heart!

**Give the gift of
Easter by
wrapping up
your delicious
creations to give
it that extra
special touch.**

And most of all,
have a safe and
happy Easter
everybody!



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