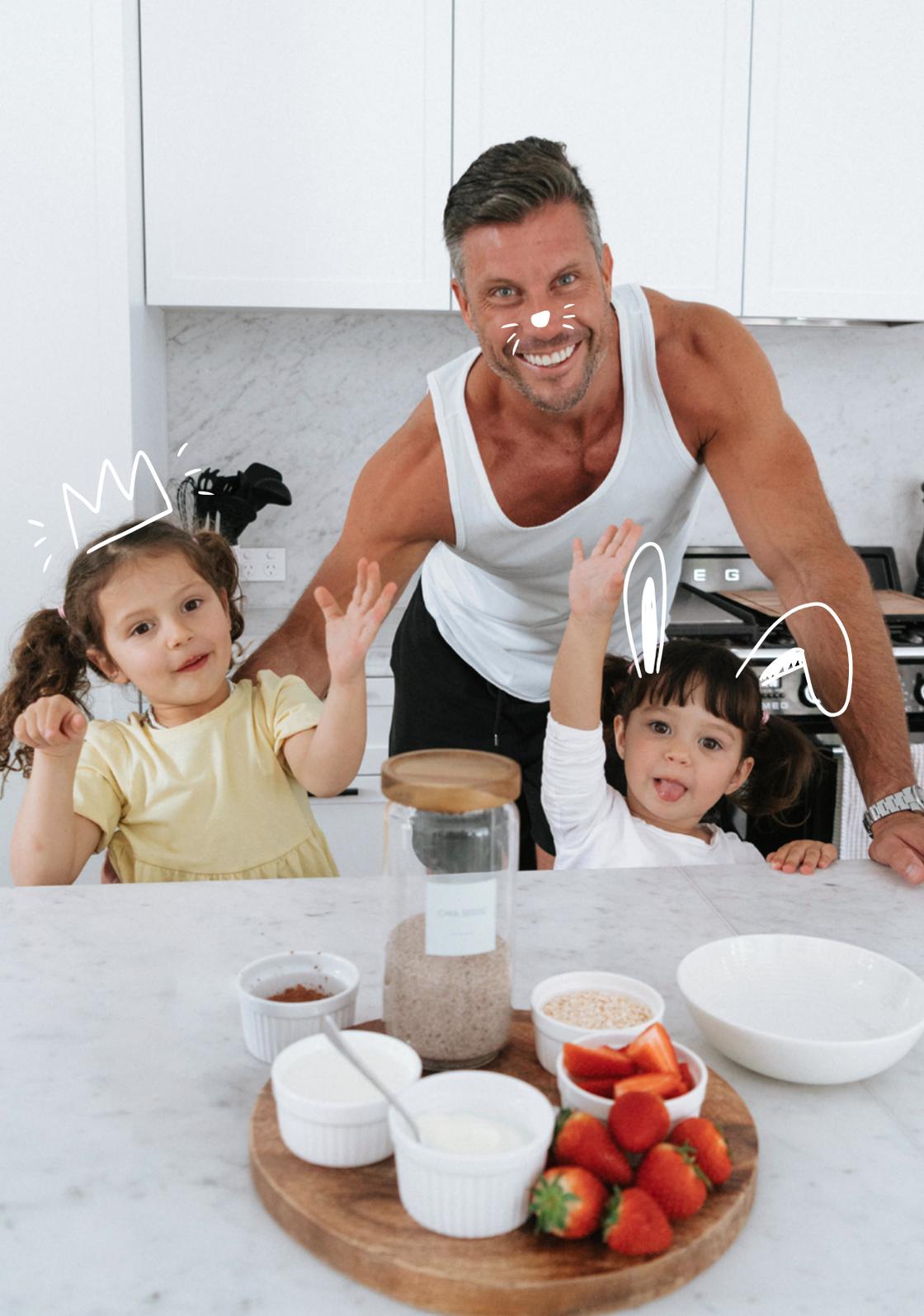




Easter Feast
eBook



G'day!

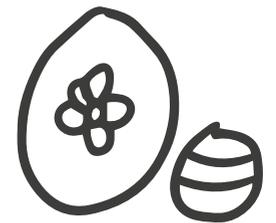
As we find ourselves celebrating another wonderful holiday, it's important to enjoy every moment with loved ones.

We find the best way to do this is through balance so we've created some wonderful healthy recipes so you can enjoy without the guilt.

Happy Easter!

Sending lots of love,

Sam xx



Apple & Cinnamon Baked Oats

Serves 1 Preparation 5 min Cook 25 min

Ingredients

1/3 cup oats
1 apple, chopped
1 egg
1/2 tbs almond butter
2 tbs almond milk
1 tsp baking powder
1/2 tsp cinnamon
1/2 tsp vanilla extract

Method

1. Preheat oven to 180°C . Lightly spray or grease a baking dish.
2. Microwave apple for 1-2 minutes until softened.
3. Add all ingredients (reserve 1/2 apple for topping) to a blender and blitz until smooth.
4. Pour into baking dish. Top with remaining apple.
5. Bake for 20-25 mins, serve warm.



Hot Cross Bun Pancakes

Serves 1 Preparation 10 mins Cook 15 mins



Ingredients

- 1/3 cup spelt flour
- 1/3 cup coconut milk
- 1 free-range egg, whisked
- 1/2 teaspoon baking powder
- 1/4 teaspoon cinnamon
- 1/4 teaspoon all spice
- 1/4 teaspoon nutmeg
- Pinch of cloves
- 2 squares of 85% dark chocolate (20g), cut into small pieces
- 1 teaspoon coconut oil

For Serving:

- 1 square of 85% dark chocolate (30g)
- 1/2 teaspoon coconut oil
- 1/2 cup strawberries, sliced
- 1 teaspoon maple syrup

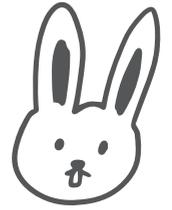
Method

1. Place the spelt flour, coconut milk, egg, baking powder, cinnamon, all spice, nutmeg and cloves in a bowl and stir to combine.
2. Fold through the dark chocolate chips.
3. Preheat the coconut oil in a frying pan
4. Pour 2 tablespoons of the pancake mixture into the pan. Cook for 2-3 minutes, then carefully flip onto the other side and cook for another 2 minutes. Repeat with the rest of the mixture, transferring the cooked pancakes to a plate as they're done.
5. When the last pancake is cooking, melt the dark chocolate and coconut oil.
6. Serve the pancakes topped with the sliced strawberries and a drizzle of maple syrup.
7. Drizzle the melted chocolate over the top and serve.



the classic with a twist!

Savoury Hot Cross Buns



Serves 9 Preparation 170 mins Cook 15 mins

Ingredients

¾ cup full cream milk, lukewarm
+ 2 tbs for glaze
1 tsp instant yeast
2 tbs butter, melted and cooled
1 free-range egg, whisked
2 ¼ cups wholemeal plain flour (or
gluten free plain flour)
½ tsp salt
100g cheese, grated - mature
cheddar, parmesan, feta (or a mix)
¼ cup chives, finely chopped

Crosses:

2 tbs plain flour
1-2 tbs water

Method

1. Sprinkle the yeast into the mix, let it sit for 30 secs then stir. Set aside for 10 minutes to proof. Bubbles will appear when the yeast has activated.
2. Whisk the butter and egg together in a large bowl, then add the yeast mixture. Sift in the flour and salt, then mix until it forms a dough.
3. Transfer the dough onto a floured bench and knead for 5 minutes until smooth and elastic (add extra flour if needed, mixture shouldn't be sticky).
4. Place dough into a lightly greased bowl, cover and place in a warm spot to proof for 1-2 hours until dough has doubled in size.
5. Transfer the dough onto a lightly floured bench, sprinkle over the cheese and chives and knead to mix it in.
6. Portion the dough into 9 equal pieces and roll into buns. Place the buns close together onto a lined baking tray or into a skillet, cover and allow to rise in a warm spot for a further 30 mins.
7. Preheat oven to 200°C Celsius. Mix cross ingredients together in a small bowl until it forms a thick smooth paste. Brush the tops of the buns with the milk, then pipe the paste over the buns to create a cross. Bake for 15 minutes, allow to cool slightly then serve.

Carrot Hummus

Serves 6-8 Preparation 10 mins Cook 15 mins

Ingredients

- 1 bunch of dutch carrots
- 1 teaspoon extra-virgin olive oil
- 2 cloves garlic
- 1 can chickpeas, drained and rinsed
- 1 tbsp tahini
- 1/2 cup extra-virgin olive oil
- 1/2 lemon, juiced
- 2 tablespoons water
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- Salt and pepper, to taste

Method

1. Preheat the oven to 180°C, on a fan forced setting.
2. Place the dutch carrots on the baking tray and drizzle over the olive oil.
3. Add the garlic cloves to the tray and place the tray in the oven. Cook for 20-25 minutes, until the carrots are cooked.
4. Place the chickpeas, tahini, olive oil, lemon, water, ground cumin, smoked paprika, salt and pepper in a food processor.
5. Once cooked, add the roasted carrots to the food processor. Squeeze the garlic out of their skin and into the processor.
6. Blitz everything together until smooth, then transfer to a bowl to serve.



Perfect friend for your crackers



Baked Pesto Fish & Mediterranean Veggies

Serves 4 Preparation 20 mins Cook 35 mins

Ingredients

2 cups cherry tomatoes
1 eggplant, cut into cubes
1 zucchini, cut into cubes
1/2 cup green olives
Salt and pepper, to taste
1/2 lemon, juiced
1/2 tablespoon extra-virgin olive oil
4 fillets of barramundi

Ingredients for the pesto:

1 bunch basil
2 cloves garlic
1/4 cup parmesan
1/4 cup cashews
1/4 cup extra-virgin olive oil
1/2 lemon, juiced
Salt and pepper, to taste

Method

1. Preheat the oven to 180°C, on a fan forced setting.
2. Place the cherry tomatoes, eggplant, zucchini and green olives in a baking dish. Season with salt and pepper. Drizzle over the lemon juice and olive oil.
3. Top with the barramundi fillets.
4. Make the pesto by placing all of the ingredients in a food processor and combining until smooth.
5. Top each piece of barramundi with some of the pesto, to cover.
6. Add the baking tray to the oven and cook for 30-35 minutes.
7. Remove from the oven and serve warm.

Potato & Egg Salad

Serves 6-8 Preparation 30 mins Cook 30 mins

Ingredients

6 potatoes, cut into cubes
6 free-range eggs
2 cups green beans, ends removed and halved
3 sprigs of spring onion, sliced
1 bunch radish, sliced
1/3 cup parsley, roughly chopped
Salt and pepper, to taste

Ingredients for Dressing:

1/2 cup Greek yoghurt
1 tablespoon dijon mustard
1 tablespoon extra-virgin olive oil
1 lemon, juiced

Method

1. Start by boiling the potatoes, until they're able to be stabbed with a fork. While the potatoes are boiling, place a steamer basket on top and steam the green beans for 3-5 minutes, until cooked to your liking.
2. Place the eggs in a saucepan of cold water and bring them to the boil. Reduce them to a simmer and cook for 5-7 minutes, until hard-boiled. Allow to cool slightly, before peeling and cutting into 4.
3. Assemble the salad by placing the boiled potatoes, hard-boiled eggs, steamed green beans, spring onion, radish and parsley into a large bowl. Season with salt and pepper.
4. Make the dressing by stirring the Greek yoghurt, Dijon mustard, olive oil and lemon juice together in a bowl.
5. Drizzle over the dressing and serve.



Salted Caramel Muffins

Serves 14 Preparation 10 mins Cook 40 mins

Ingredients

2.5 cups wholemeal flour
1 tbs baking powder
1 tsp baking soda
½ tsp salt
¾ cup coconut sugar
⅓ cup butter, melted (90g)
2 free-range eggs
½ cup Greek yoghurt (100g)
1 cup full cream milk
1 tbs vanilla extract

Salted Caramel Sauce:

½ cup coconut cream/milk
2 tbs coconut sugar
1 tbs butter
½ tsp vanilla extract
Pinch of salt

Method

1. Preheat oven to 200°C and lightly grease or line a muffin tin.
2. Sift flour, baking powder, soda & salt into a bowl and whisk together.
3. Whisk melted butter & stevia together in a separate bowl, then whisk in the egg, yoghurt, milk & vanilla.
4. Make a well in the dry mixture and fold the wet ingredients in to combine, don't overmix or they will be dry.
5. Divide mixture into the muffin tins. Bake for 5 minutes, then reduce the heat to 180°C and bake for a further 15 minutes. Allow to cool.
6. For the sauce melt, the butter and coconut sugar in a saucepan over medium heat. Add the coconut cream and vanilla and stir for 5 minutes until smooth, don't let it boil.
7. Drizzle the sauce over the muffins and serve.





Chocolate Bark

Serves 5 Preparation 5 min Cook 140 min

Ingredients

100g dark chocolate, melted
1/4 cup nuts & seeds (hazelnuts, almonds, macadamias, pepitas, sunflower seeds)
2 tbs dried fruit (goji berries, cranberries, freeze dried raspberries, coconut flakes)
1/2 tsp flaky sea salt, optional



Method

1. Preheat oven to 180°C and line a baking tray. Place the nuts on the baking tray and toast for 5-8 minutes until lightly golden. Transfer to a chopping board and roughly chop.
2. Melt dark chocolate in the microwave* or saucepan over low heat, stirring consistently.
3. Spread the chocolate onto a line baking tray. Use a spatula to spread it out evenly then sprinkle over the roasted nuts, fruit and salt. Gently press the toppings into the chocolate.
4. Place in the fridge or freezer for 2+ hours or until chocolate has completely set.
5. Slice into 5-10 pieces and keep stored in the fridge or freezer.

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