



Easter Treats

RESTORATIVE NUTRITION



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Welcome to our Healthy Easter Treats Recipe Book! Easter is a time for family and friends and indulging in delicious treats. However, it's also essential to maintain a healthy lifestyle and avoid consuming too much sugar and processed foods. That's why we've assembled a collection of delicious and nutritious recipes.

Whether you're looking for a fun activity with your kids or want to satisfy your sweet tooth without guilt, these recipes are perfect. So grab your apron, and let's get started!

Pomegranate Yogurt Bark - Easter Treats

9 SERVINGS 2 HOURS



INGREDIENTS

1 cup Plain Greek Yogurt
1/3 cup Pomegranate Seeds
1 tbsp Pumpkin Seeds

DIRECTIONS

- 01 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 02 Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds ovetop.
- 03 Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

NOTES

LEFTOVERS

Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

SERVING SIZE

Each serving equals approximately one 3 x 2.5" piece.

DAIRY-FREE

Use coconut yogurt instead.

MORE FLAVOR

Add vanilla extract and your sweetener of choice.

ADDITIONAL TOPPINGS

Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.

Chocolate & Strawberry Yogurt Bark

10 SERVINGS 8 HOURS



INGREDIENTS

- 2 cups Plain Greek Yogurt
- 1 tbsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 1/2 cup Strawberries (sliced)
- 21 grams Dark Chocolate (chopped)

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Stir the yogurt, maple syrup, and vanilla extract together in a bowl. Pour the mixture onto the baking sheet and evenly spread it out.
- 03 Top with the sliced strawberries and dark chocolate. Set in the freezer overnight. Break apart and enjoy!

NOTES

LEFTOVERS

Freeze in an airtight container for up to one month. Best served immediately from the freezer.

SERVING SIZE

One serving is equal to approximately 1/4 cup.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add peanut butter to the yogurt.

Peanut Butter & Blueberry Frozen Yogurt Bark

4 SERVINGS 4 HOURS 5 MINUTES



INGREDIENTS

- 1 1/2 cups Plain Greek Yogurt
- 1 tbsp Honey
- 3 tbsps All Natural Peanut Butter
- 1/2 cup Blueberries

DIRECTIONS

- 01 Line a baking sheet with parchment paper and mix the yogurt and honey together. Spread the yogurt mixture evenly onto the lined baking sheet.
- 02 Using a spoon, add dollops of peanut butter to the yogurt mixture. Using a toothpick, gently swirl the peanut butter into the yogurt mixture. Top with blueberries.
- 03 Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

NOTES

LEFTOVERS

Keep frozen in an airtight container or freezer bag for up to one month.

SERVING SIZE

One serving is equal to approximately 1/2 cup.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add chocolate chips or melted chocolate.

NO HONEY

Use maple syrup instead.

NO BLUEBERRIES

Use other berries or banana instead.

Pistachio Pomegranate Bark

4 SERVINGS 30 MINUTES



INGREDIENTS

- 200 grams Dark Chocolate (at least 70% cacao)
- 1 cup Pomegranate Seeds
- 1/2 cup Pistachios (shelled and chopped)
- 1/4 cup Unsweetened Coconut Flakes

DIRECTIONS

- 01 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 02 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 03 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 04 Once the chocolate is firm, break or cut it into pieces. Enjoy!

NOTES

STORAGE

Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.

Super Seed Chocolate Bark

8 SERVINGS 40 MINUTES



INGREDIENTS

80 grams Dark Chocolate
2 tsps Coconut Oil
1/4 cup Pumpkin Seeds
1/4 cup Sunflower Seeds
2 tbsps Hemp Seeds

DIRECTIONS

- 01 Line a plate or baking sheet with parchment paper.
- 02 Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
- 03 Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
- 04 Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
- 05 Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
- 06 When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

SERVING SIZE

One serving is equal to approximately 1/4 cup of bark.

MORE FLAVOR

Add sea salt or vanilla extract.

NO SEEDS

Use chopped nuts instead.

Coconut Chocolate Bars GF/DF

12 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Shredded Coconut
1/4 cup Canned Coconut Milk
1 tbsp Maple Syrup
3 tbsps Coconut Oil (divided)
100 grams Dark Chocolate

DIRECTIONS

- 01 Line a small baking sheet or plate with parchment paper.
- 02 Add the shredded coconut, coconut milk, maple syrup, and 2/3 of the coconut oil to a food processor. Blend until a wet, coarse sand-like texture forms.
- 03 Form the coconut mixture into small bars approximately two inches long. Place the bars on the prepared baking sheet or plate and freeze for at least 30 minutes or until the logs are chilled and firm.
- 04 Meanwhile, melt the chocolate and the remaining coconut oil in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove.
- 05 Using forks, carefully dip the coconut bars into the melted chocolate until completely covered. Allow any excess chocolate to drip off before placing the chocolate-covered coconut bar back on the baking sheet. Use a spoon to drizzle any remaining melted chocolate over the top of each bar, if desired. Place the bars back in the freezer for at least 15 minutes or until the chocolate has set.
- 06 Store the bars in an airtight container in the fridge or freezer until ready to enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to a week or freeze for up to three months.

SERVING SIZE

One serving is approximately one two-inch chocolate bar.

MORE FLAVOR

Add vanilla extract or coconut extract. Add more maple to the coconut filling for a sweeter bar.

NO DARK CHOCOLATE

Use milk chocolate instead.