

HEALTHY EASTER

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Allergy-free Easter recipes by Leanne Vogel, Holistic Nutritionist in partnership with [Natural Vitality Living](http://NaturalVitalityLiving.com).

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CARROT CAKE POPS

Have a classic carrot cake experience without all the baking, sugars and animal products. The cake is sweetened with prunes and raisins, filled with raw shredded carrots, and topped with a raisin-sweetened frosting.

DIRECTIONS

For the frosting, drain cashews, then add frosting ingredients to the jug of your [high-powered blender](#) and blend on high until very smooth. Transfer to a bowl and set aside.

For the cake pops, add the walnuts and coconut to the bowl of your [food processor](#) and pulse on high for 2 minutes, until walnuts are in little pieces. Add prunes and raisins. Pulse again, for 1 minute, until prunes are broken down and mixture is sticky. Add in remaining ingredients – carrots, ginger, cinnamon and nutmeg. Pulse for 20 seconds, just to incorporate. Roll mixture into 12 balls, about 2 tablespoons per ball. Poke with a cake pop stick and set on a cake pop rack. Alternatively, if you do not have either, you could use popsicle sticks and lay to rest on a baking sheet.

Transfer pops to the freezer for one hour. Once chilled, carefully dip each in the frosting or add frosting to a piping bag and drizzle overtop each pop. Another option is covering in frosting and sprinkling with chopped walnuts. Return to the freezer for another 20 minutes to harden.

Makes 12.

INGREDIENTS

Frosting

- ½ cup raw cashews, soaked in water for 12hrs
- 1/3 cup golden raisins
- 1/3 cup water
- 3 tablespoons [coconut oil](#)
- 3 teaspoons [Natural Vitality CALM Orange](#)
- 1 teaspoon pure vanilla extract
- 1 teaspoon fresh lemon juice
- pinch sea salt

No Bake Carrot Cake Pops

- ½ cup raw walnuts
- 1/3 cup shredded unsweetened coconut
- 21 pitted dried prunes (approximately ¾ cup)
- ¼ cup sultana raisins
- 2 cups medium shredded carrots
- ½ teaspoon freshly grated ginger
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg

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INGREDIENTS

- 1 cup hazelnuts, skins removed
- ½ cup coconut cream *see note
- 2 tablespoons [coconut nectar](#)
- 3 teaspoons [Natural Vitality CALM Orange](#)
- 300 grams [dark chocolate](#) (dairy-free), melted

Coconut cream: to prepare coconut cream, purchase a full-fat coconut milk (canned) and place in the fridge for at least 12 hours. Open the top of the can and remove the thick cream.

HAZELNUT CHOCOLATE TRUFFLES

Ditch the artificial flavors this Easter by preparing these easy hazelnut truffles - filled with the goodness of Natural CALM. Easily made with just 5 ingredients.

DIRECTIONS

To remove the skins from the hazelnuts, bring 3 cups of water to a boil. Add 4 tablespoons of baking soda and the nuts and boil them for 3 minutes. The water will turn black from the nut skins. Rinse the nuts well under cold running water, using your fingers to remove the skins.

Then, add hazelnuts, coconut cream, coconut nectar and Natural CALM to the jug of your [high-powered blender](#). Blend on high until smooth, about 2 minutes. Transfer to a bowl and set aside.

Using a small silicon ice cube tray or candy tray, fill the tray up with melted chocolate, about 1/3 way up each cup. Then, add a 1/3 of the hazelnut mix. Top with another 1/3 of melted chocolate.

You will likely make a mess here. Scrape the tops of the trays to remove excess ingredients.

Transfer tray to the freezer and freeze for one hour, until hardened.

Remove each of the truffles from the freezer and enjoy!

Makes 24.