



## HEALTHY SNACK OPTIONS

This recipe is from our Port Douglas Resort's Be Well Champion Jessica Quaggin who is studying Nutrition - so they must be good for you!

# Raw Chocolate Easter Eggs

### INGREDIENTS

- 180g cashew nuts
- 150g coconut oil
- 1 tsp vanilla essence
- 3 tbsp rice malt syrup
- 4 tbsp raw cacao powder
- Pinch of salt

### FILLING IDEAS

#### Coconut

- Mix together roughly  
¼ cup dessicated coconut,  
2 tbsp coconut oil and  
1tbsp rice malt syrup

#### Peanut Butter

- Mix together roughly  
70g natural peanut butter and  
1 tbsp rice malt syrup



### METHOD

- Blend cashews until finely chopped.
- Melt coconut oil, rice malt syrup, salt and vanilla together.
- Add cacao and mix with the chopped cashew nuts.
- Put a thin layer into moulds and let set in freezer before adding the filling of your choice.
- Mine have a mixture of coconut and peanut butter fillings!