

GLUTEN FREE

SUGAR FREE

OIL FREE

# Sweet Easter

Delicious healthy vegan recipes  
by Caroline Deisler





@CarolineDeisler





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## HELLO! I'M CAROLINE

**I love to wake up every day with the purpose of inspiring people around the world to eat healthy, workout & feel their best.**

I started my blog & Instagram account 6 years ago, purely out of passion and with no intention to turn it into a full-time job but here we are!!

I truly feel so grateful for the life I have built for myself and sometimes I have to pinch myself that I have the freedom to fill my days with all the things I am so passionate about!! During my first summer break at uni here in London, before I started my Instagram, I was actually writing personalized health plans for some of my peers. I just wanted to help!!



## MY STORY IN A NUTSHELL

*Once you feel your best  
you don't want to go back!*

The benefits I have experienced from this lifestyle were just so extraordinary that ALL I wanted was to help others experience the same. The fact that I get to inspire hundreds of thousands of people all around the world is what gets me jumping out of bed at 6 am every morning! Having a purpose in life is the motivation you need in moments when you don't feel like doing what you're supposed to do. And even though the life of an "influencer" always seems fun, it is actually hours and hours of hard work every single day! :D I always say my job has 3 major parts: creating workouts, filming workouts, doing live workouts and putting together weekly workout plans. (all freely available for you on [Instagram](#))



# MY STORY IN A NUTSHELL

Creating recipes, shooting food pictures, setting up lighting, food styling, editing, putting ebooks together etc. Everything you see from me is 100% made by me. Lastly also taking care of all management work like discussing collaborations with brands, planning, contracts, invoices etc. I made myself a brand and this is exactly what my vision was years ago. I also love that I have the freedom to branch out in any direction that I feel called to dive deeper into. There are basically no days off and I sometimes struggle to find a good balance between work and private life as it all blends in together when your hobby becomes your job. But when you do what you love it gives you energy and fuels you! On the contrary, doing what you don't like drains you physically and emotionally.



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I'm not saying this to brag but to inspire you to go after your dreams because having a true purpose in life goes beyond YOU which makes it so empowering and motivating. You are serving other people, helping make their lives better and leaving a positive impact on the world. As much as I wanted to escape from my childhood which was filled with fighting parents, uncertainty, anger and instability, I am grateful for where it's brought me to, today. I started to work when I was 15. I always found ways to sell something (I made my own jewellery, worked in a bakery, as a hostess, as a ball kid at tennis tournaments and then I started modelling) whatever it was I was eager to be fully independent. and wanted to live life on my terms and not anybody else's.



# MY STORY IN A NUTSHELL

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This is basically where it all began. I was 19, just finished school, had enough saved up to book a flight to New York and rented a tiny little room on west 14th street and 7th avenue. I had never been to the US before, my English was so-so but I jumped into the deep end and was so excited for a fresh chapter. I knocked on the doors of every modelling agency. I luckily found one that wanted to sign me and I was able to live and model in New York for 4 years.

At some point, the pressure of being extremely skinny got to me. I was trapped in an unhealthy binge eating cycle and knew I had to change something! I got inspired to try a fully plant-based diet which I was always keen on as I loved fresh fruit over anything!! and this was the beginning of my self-healing journey.

8 years later, I am thriving on this lifestyle and couldn't imagine any other way of living! Once you feel your best you don't want to go back! :D The benefits I have experienced from eating a healthy plant-based diet (no sugar, no gluten, no oils) were so impactful that this is what I want for ALL of you to experience as well.

# MY STORY IN A NUTSHELL

**Adding true value to other people's lives is what gets me jumping out of bed at 6am!**

The fact that I get to inspire hundreds of thousands of people all around the world is what gets me jumping out of bed at 6 am haha! I love the kind community you guys help create and I want to show you how delicious, satisfying and easy a healthy diet can be ALL YEAR ROUND! Please keep sharing all your wonderful feedback, get your friends and family members on board and enjoy these healthy delicious "treats" all together. Maybe you'll even do one of my quick workouts to kickstart those endorphins!! :) I am so happy with how things turned out and I feel so grateful to do what I love every single day.





Healthy Easter  
here you come

# ABOUT THIS BOOK



Easter was one of my favourite holidays when I was younger!! I had two little bunnies and just loved everything about Easter, especially making other people happy. I would get up super early to hide Easter eggs for everyone and then we had a big Easter brunch with lots of chocolate and sweets. We never really had tons of sweets at home and maybe that's why I always wanted some lol! I know holiday gatherings can cause some anxiety and stress because people are afraid to fall off track. I'm excited to help you ENJOY delicious Easter treats with your loved ones while FEELING AMAZING!! All the recipes in this book follow my personal food philosophy which means: No refined sugar, no gluten, no oil. I'm making things lighter and healthier than they normally would be + of course, making things EASY!! You don't have to compromise your health for refined-sugar-loaded sweets that make you feel bad when instead you can eat the yummiest most delicious treats every day and get fit and toned at the same time! I can't wait to see your creations and hope you love my recipes as much as I do!

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# Raw Vegan Sweets

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Ready in  
10 min

makes 25

# Pistachio Mini Eggs

## Ingredients

1/2 cup ground almonds or almond meal, I used white (peeled) almonds for a lighter color  
1/4 cup raw pistachios  
2 tbsp maple syrup

## Steps

Add all ingredients into a food processor and pulse until you have a sticky dough. Form little mini eggs with your hands and sprinkle some more chopped pistachios on top. These deliicious mini bites stay fresh for a week in the fridge and make your easter brunch look so pretty as well!!

NO BANANA - NO DATES - NO GLUTEN - NO SUGAR - NO OIL









**makes 15**

# Caramel Truffles

## Ingredients

10 large medjool dates, pitted  
1/4 cup peanut butter

1 vegan chocolate bar

## Steps

- 1** Add all ingredients into a food processor and pulse until you have a sticky dough. Place the dough in the fridge for 10-20 min to let it firm up a little but if you are doing these last minute, just skip this step. :)
- 2** Form little eggs with your hands, place them on a parchment paper sheet and place them in the fridge while you are melting your chocolate.
- 3** To melt the chocolate, I like to add a glass bowl over hot water (not boiling but on medium-high heat). It melts really smoothly that way and you can pour the chocolate into a small little bowl afterwards.
- 4** Use a little toothpick to dip each egg in chocolate and place them back on your parchment paper. Repeat for all eggs and let them firm up in the fridge for 15 minutes afterwards. You can store these in the fridge for at least a week but I'm sure they'll be gone in a day hahah! YUMMMY

NO BANANA - NO GLUTEN - NO SUGAR - NO OIL







# Snickers Eggs

makes 9



**Prep**

20 min

**Freeze**

60 min

**Ready in**

1h 20 min

## Ingredients

### CARAMEL FILLING

12 large medjool dates, pitted  
1 cup water  
1 tsp vanilla  
2 tbsp peanut butter (smooth or crunchy - both works well)

### DOUGH

1/2 cup oats  
1/2 cup cashews  
1 tbsp peanut butter  
2 tbsp caramel sauce from the caramel filling

1/2 cup dry roasted peanuts  
(I put mine in the air fryer for 3-4 min 200 degrees and it works great)

1 chocolate bar (mine is 100% cacao dark chocolate with no added sugar)

## Steps

1. Start by adding dates, water and vanilla from the caramel filling into a high-speed blender and blend until smooth. Add in peanut butter and quickly blend again. Place the caramel filling in the fridge while you make the dough.
2. To make the dough, add oats and cashews into a high-speed blender and quickly blend until you have flour. Transfer to a bowl, add 1 tbsp peanut butter, 2 tbsp of the caramel filling and mix well.
3. Get your silicone molds, equally divide the dough between 9 molds and firmly press down to get your base layer.
4. Spoon in the caramel filling, should be nice and full!!! LOVE a big Caramel Filling.
5. Add roasted peanuts and press them lightly into the caramel.
6. Store your yummy snickers eggs in the freezer for at least 30 min before adding the chocolate layer. If you are in a hurry though, skip this step and pour the melted chocolate over them right away (will be a little messy but still just as delicious)
7. Melt the chocolate in a steam water bath and pour over the caramel filling as your top layer. Sprinkle some more chopped roasted peanuts on top for an extra crunch.
8. You can store these in the freezer for weeks although they are gone within a day in my house haha but just saying :) Take them out of the freezer for about 10 minutes before eating so the caramel filling is soft and smooth.





makes 9



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# Almond Fudge

## Easter Eggs

### Ingredients

6 large medjool dates  
1 heaping tablespoon  
brown almond butter (I  
used roasted)

### COATING

1/2 vegan chocolate bar

### Directions

1. Add pitted dates to a food processor and blend until you have one date paste ball. The jumbo dates I use are quite large, use 2-3 extra dates if yours are smaller.
2. Add 1 heaping tbsp almond butter and pulse a few more times until it's well combined.
3. Form one big ball with the mixture and optionally place it in the fridge to let it get firm. You can totally skip this step though
4. Form little eggs with your hands and place them in the fridge while you melt your chocolate.
5. Dip each egg in chocolate, quickly put them back in the fridge so the chocolate can dry. You can store these in the fridge for up to a week although mine were literally gone within minutes. I kept the quantities for this recipe fairly small so you can always make yourself some quick 5min easter eggs and enjoy them all! No guilt attached heheh as they are SO HEALTHY!!! I can't wait to hear what you think.





makes 25

# CORNETTOS

## Ingredients

1/3 cup almonds, dry roasted

### MARZIPAN COAT

1 cup ground almonds or almond flour (use peeled almonds for a nice light color)

3 tbsp maple syrup

1/2 -1 chocolate bar  
1/4 cup roasted chopped hazelnuts

## Directions

- 1** Start by making the marzipan. Add all ingredients into a high-speed blender and blend until you have a firm marzipan dough. Place the dough in the fridge while you roast your almonds, Feel free to skip this step if you already have roasted almonds or if you are in a hurry. I throw my almonds in my air fryer for 3-4 minutes at 200 degrees and let them cool down afterwards. Super crunchy!
- 2** Form little balls with the dough, press down the middle to add in an almond then cover all sides = roll together. Repeat for all almonds.
- 3** Melt your chocolate, dip one end into chocolate and right away into chopped roasted hazelnuts. Let your delicious crunchy almond bites cool down in the fridge for 10 minutes and ENJOY!!! You can easily store these in the fridge for 1-2 weeks.

**Ready in**  
30min





# Almond Caramel Pralines

Quick 3 ingredient fudgy and crunchy almond caramel eggs

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## Ready in

10 min

## Ingredients

6 large medjool dates  
1 heaping tbsp almond butter  
1/2 cup roasted almonds

## Steps

1. Add pitted dates to a food processor and pulse until you have a smooth date paste.
2. Add in almond butter and pulse again.
3. Add in roasted almonds and pulse again quickly. Not too long though, you want those yummy crunchy almond pieces. :)
4. Form little eggs with your hands and place them in the fridge to firm up or enjoy right away. You can store these in the fridge for up to a week. SOOO DELICIOUS!!







# PISTACHIO DATES

*Everyone will love these delicious healthy beautiful bites of heaven*

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**makes 15**

## Ingredients

15 medjool dates

### FILLING

1 cup ground almonds white

1/2 cup raw pistachios

4 tbsp maple syrup

### COATING

1 vegan chocolate bar

1/2 cup pistachios, chopped

## Directions

1. Add all filling ingredients to a food processor and pulse until you have a sticky marzipan paste. Roll the paste into one big ball with your hands and put it in the fridge to firm up for about 30 min. (optional)
2. Form little eggs with your hands and place them into each date.
3. Melt your chocolate, dip your pistachio cream stuffed dates into the chocolate and sprinkle some pistachios on top. Place them in the fridge until the chocolate is fully set. ENJOYYYYYYY!!! Store them in the fridge until they are all gone. :)







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makes 9

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Ready in  
40min

# Healthy Mozartkugeln

## Ingredients

### PISTACHIO MARZIPAN

1/2 cup ground almonds  
1/4 cup raw pistachios  
2 tbsp maple syrup

### HAZELNUT MARZIPAN

1 cup ground hazelnuts  
3 tbsp maple syrup

### CLASSIC MARZIPAN

1 cup ground almonds white  
3 tbsp maple syrup

1 vegan chocolate bar

## Steps

- 1** Add all pistachio marzipan ingredients into a food processor and pulse until you have a sticky dough. Form little balls with your hands and set them in the fridge.
- 2** In the meantime, add ground hazelnuts and maple syrup to your food processor to create the hazelnut layer. Form slightly bigger balls, place them in the fridge and later press down the middle to get a round shape.
- 3** Add all ingredients for the classic marzipan to the food processor and pulse until you have your marzipan dough. Form slightly bigger balls and press flat down. Works best if you place each ball on parchment paper and use another parchment paper to press them flat.
- 4** Take the pistachio ball, wrap it in the hazelnut layer, then in the classic marzipan layer and roll it all nicely together. Repeat until you have no dough left. I get about 8-9 Mozartkugeln.
- 5** Melt your chocolate, I use 100% dark vegan chocolate with no added sugar. Dip each ball into the chocolate using a toothpick and place them in the fridge for 15min to firm up. One of the best sweet recipes ever in my opinion, SO YUM!!

I always think of our school trip to Vienna when I was 17 where my best friend and I bought Mozartkugeln and I thought omg YUM!!Yay now we have an even better version!!









**makes 12**

# Marzipan Easter Eggs

## Ingredients

### MARZIPAN

1 cup ground white almonds  
3 tbsp maple syrup

### COATING

1/2 -1 vegan chocolate bar

## Directions

- 1** Add all ingredients for the marzipan to your food processor and pulse until you have a firm marzipan dough. Form little eggs with your hands and place them in the fridge while you melt your chocolate. If the dough is too sticky to form eggs, put it in the fridge for 20 minutes to let it firm up.
- 2** Melt your vegan chocolate bar, pour it into a little bowl and use a toothpick to dip each egg in the chocolate. Place it on a plate or on parchment paper and put the eggs in the fridge for 15 minutes. The combination of the cold crisp chocolate and the smooth delicious marzipan is to die for!! SO EASY and QUICK to make yet SO DELICIOUS and HEALTHY!! Win-win!! Enjoyyyy:) and feel free to make double the amount and store in the fridge for 1-2 weeks.







# BUENO EGGS



## Ready in

20min + 1 hour in freezer

## Ingredients

### CARAMEL FILLING

12 large medjool dates, pitted  
1 cup water  
1 tsp vanilla  
2 tbsp hazelnut butter

### DOUGH

1/2 cup oats  
1/2 cup cashews  
1 tbsp hazelnut butter  
2 tbsp caramel sauce from the  
caramel filling

1/2 cup dry roasted hazelnuts  
(I put mine in the air fryer for 3-4  
min 200 degrees and it works  
great)

1 vegan chocolate bar

## Directions

1. Start by adding dates, water and vanilla from the caramel filling into a high-speed blender and blend until smooth. Add in hazelnut butter and quickly blend again. Place the caramel filling in the fridge while you make the dough.
2. To make the dough, add oats and cashews into a high-speed blender and quickly blend until you have flour. Transfer to a bowl, add 1 tbsp hazelnut butter, 2 tbsp of the caramel filling and mix well.
3. Get your silicone molds, equally divide the dough between 9 egg molds and firmly press the dough down.
4. Spoon in the caramel filling, should be nice and full!! LOVE a big Caramel Filling.
5. Add roasted hazelnuts and slightly press them into the caramel.
6. Store these yummy Bueno eggs in the freezer for at least 30 min before adding the chocolate layer. If you are in a hurry though, skip this step and pour the melted chocolate over right away and then place them in the freezer.
7. Melt the chocolate in a steam water bath and pour over the caramel filling as your top layer. Optional: Sprinkle some more chopped roasted hazelnuts on top for an extra crunch.
8. You can store these in the freezer for weeks although they are gone within a day in my house haha but just saying :) Take them out of the freezer for about 10 minutes prior to eating so the caramel filling is soft and smooth.



makes 16-18



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# PEANUT BUTTER

## Chocolate Eggs

### Ingredients

1 cup dry roasted peanuts  
6 medjool dates  
2-3 tbsp peanut butter  
sprinkle of pink himalayan salt  
2 tbsp water

### COATING

1 vegan chocolate bar

### Directions

I like to buy raw peanuts and throw them in my air fryer for 3-4 minutes at 200 degrees. You can also use raw peanuts which will give you a lighter colour as well. Add your peanuts to a food processor (or blender) and pulse until crumbly.

Add in pitted medjool dates, peanut butter, a sprinkle of salt and pulse. Add in 2 tbsp of water if needed. (Depending on your nut butter you might not need the water) You want to have a sticky, kind of creamy dough.

Form little eggs with your hands and place them on a plate with parchment paper.

Melt your chocolate and use a toothpick to dip each egg in chocolate, then let the egg firm up in the fridge for 15 minutes. OMG YUM YUM YUM! I am eating some right now while typing this haha and can't get enough!! SO deliiiiicious!!





# Raspberry Eggs

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## Ready in

10 min = freezer time

## Ingredients

### BASE

10 Medjool dates, pitted  
1/4 cup desiccated coconut  
1/2 cup raisins

### FILLING

2 cups raspberries  
1 tbsp maple syrup

### TOPPING (optional)

Freeze dried raspberries

## Steps

1. Add all base ingredients into a food processor and pulse until you have a sticky dough. Divide the mixture evenly between your silicone egg molds. You'll get 6 medium size egg halves. Place in the freezer for 30 minutes or until you decide to serve them. Since the filling is raw and most delicious when it's not frozen I like it best to add it right before serving.
2. For the raspberry filling, simply mash the raspberries with a fork (I recommend not washing them or it will get too watery) Add 1 tbsp maple syrup and mix well. Store in the fridge until you want to enjoy your eggs, they will stay fresh for 1-2 days!
3. Spoon the filling into the egg molds, sprinkle freeze-dried raspberry pieces on top for an extra crunch and ENJOY! So refreshing, light, sweet, delicious and a perfect alternative to chocolate eggs! Oh and how prettyyyy are they!!

## Note

You can also add the raspberry filling straight away and store these in the freezer for up to a couple of weeks, just take them out of the freezer about 20 minutes prior to eating so the filling can defrost. :)



# Praline Eggs

High in Protein, Quick to make & SO DELICIOUS!

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## Ready in

10 min + fridge time

## Ingredients

1/2 cup peanuts, raw or dry roasted  
1/2 cup oats  
10 medjool dates, pitted  
2 heaping tbsp peanut butter  
2 tbsp maple syrup

## Steps

1. Add all ingredients into a food processor and pulse until you can form a soft dough with your hands.
2. Form little eggs, place them all on a parchment paper sheet and put them in the fridge for an hour to let them get firm.
3. I LOVE them just like that but feel free to dip them in chocolate!

## Idea

These are perfect to wrap in little pieces of parchment paper to make them look like proper Easter eggs hehe! Looks cute, are great as a gift and also keeps them fresh and moist! Pop them in the fridge and you can store them for at least a week. :))

*Goosey and so  
delicious*





# Date Carob Eggs

The perfect chocolate & caffeine free eggs + low in fat

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## Ready in

10 min

## Ingredients

6 large medjool dates  
3 tbsp carob powder  
3 tbsp desiccated coconut

## Steps

1. Add pitted dates to a food processor and pulse until you have a smooth date paste.
2. Add in desiccated coconut and carob powder and pulse again.
3. Using your hands, form eggs with the dough and place in the fridge. They taste the best when they've had time to firm up and chill. SUCH a delicious healthy treat. So healthy, they can't even be considered a treat. :)

## Note

Carob powder is a wonderful substitute for cacao powder! It has no caffeine which is perfect if you need an evening snack. This recipe is also nut free and lower in fat.





**Ready in**  
30 MIN

# RAW KROKANT EGGS

## Ingredients

1/2 cup oat flour (blend oats)  
1/2 cup ground almonds (white for color)  
1/4 cup maple syrup  
1 tsp vanilla powder extract  
1 heaping tbsp cashew butter

1/2 cup corn flakes, crushed

1/2 vegan chocolate bar

## Directions

- 1** Add oat flour, ground almonds, maple syrup, vanilla and cashew butter to a food processor and pulse until you have a sticky dough.
- 2** Add dough to a bowl, mix in corn flake pieces and form little eggs with your hands,
- 3** Place eggs in the fridge for 30 minutes and ENJOY!!! So delicious, crunchy, healthy and easy to make. They last up to a week in the fridge.

Optional as shown on the next page, dip each egg in chocolate. I really love both ways and they're equally delicious.



A close-up photograph of raw Krokant eggs. Several skewers with wooden sticks hold round, golden-brown, textured eggs. In the foreground, a small white ceramic bowl with a gold rim and a decorative pattern contains several chocolate-coated eggs, some whole and some cut in half to reveal the interior. The background is a soft-focus light blue wall with a pink rose branch on the left. A pink ceramic cup holds the skewers, with a piece of burlap fabric tied around its rim. The text 'RAW KROKANT EGGS with chocolate' is overlaid in the upper right corner.

**RAW  
KROKANT  
EGGS**  
*with chocolate*





**makes 7**

# Carrot Cake Eggs

**Ready in**

10 min

## Ingredients

6 large medjool dates, pitted  
1/2 cup grated carrot (1 medium size carrot)  
3 tbsp desiccated coconut  
1/2 tsp vanilla powder extract  
1 tsp cinnamon

1/2 vegan chocolate bar

### OPTIONAL:

2 tbsp roasted and chopped nuts (walnuts, pecans, hazelnuts or almonds all go well) leave that out to make the recipe nut free!

## Directions

- 1** Add dates into a food processor and pulse until you have a sticky date paste.
- 2** Add in grated carrot, coconut, vanilla and cinnamon and pulse again.
- 3** Use your hands to form carrot cake eggs and place them in the fridge while you melt the chocolate. Dip half of each egg into chocolate and sprinkle some roasted hazelnut pieces on top.

It's quite a juicy dough which makes it so so yum and it will firm up a little when you let the carrot cake eggs sit in the fridge for a little while.





makes 8

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# Juicy Raspberry Eggs

Ready in

10 min

## Ingredients

6 large medjool dates, pitted  
1/2 cup oats  
3 tbsp desiccated coconut  
1 cup fresh raspberries (125g)

## Directions

- 1 Add medjool dates to your food processor and pulse until you have a date paste.
- 2 Add in oats, desiccated coconut and raspberries and pulse again.
- 3 The dough is much juicier than my other raw vegan easter egg recipes which makes it also very delicious and light. Using your hands, form egg shapes. They taste amazing like that or coated in more desiccated coconut! Such a deliicious nut free, raw, vegan and quick Easter egg recipe!! LOVE LOVE LOVE!





# Fudgy Bunnies

The healthiest most delicious Caramel Easter Bunnies



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## Ready in

10 min

## Ingredients

- 6 large medjool dates
- 1 heaping tbsp cashew butter
- 1/2 vegan chocolate bar

## Steps

1. Add pitted dates to a food processor and pulse until you have a date paste ball.
2. Add in cashew butter and pulse again until well combined.
3. Form one ball and roll it out on parchment paper. Use a 2nd sheet of parchment paper on top so you can press it down without having the dough stick to your hands. I used a rolling pin to get it nicely even.
4. Use a bunny cookie cutter to cut out bunny shaped cookies and place them on parchment paper in the fridge while you melt the chocolate.
5. Once chocolate is melted use a little soft silicone spatula to add the chocolate layer to your bunnies. Store them in the fridge for up to a week buuut better eat them all. ;-)  
I love this recipe so much and think it really shows how easy it is to make healthy treats that actually make you FEEL GOOD!!





makes 12

# PEANUT TOFFEE DATES

## Ingredients

12 medjool dates, pitted

### FILLING

6 large medjool dates,  
pitted

1 heaping tbsp peanut  
butter

1/2 cup roasted peanuts  
Freeze-dried raspberries

## Directions

- 1** Start by making the filling Add 6 medjool dates to a food processor and pulse until you have a sticky paste, add peanut butter and pulse again.
- 2** Get your 12 medjool dates and equally spoon the filling into each date. It works best when you form little eggs with your hands. If the peanut date mixture is too sticky, put it in the freezer for 5 minutes.
- 3** Add some roasted peanuts and sprinkle freeze-dried raspberries on top. You know I LOVE dates and have them every single day! So perfect that they naturally have an easter egg shape already!









makes 12

# CASHEW TOFFEE DATES

## Ingredients

12 medjool dates, pitted

### FILLING

6 large medjool dates

1 heaping tbsp cashew  
butter

## Directions

- 1** Start by making the filling Add 6 medjool dates to a food processor and pulse until you have a sticky paste, add the cashew butter and pulse again.
- 2** Get your 12 medjool dates and equally spoon the filling into each date. Keep in the fridge until you ENJOYYYYY them! The most delicious, easy, 2 min sweet Easter eggs everyone will LOVE!!



# Acorn Easter Eggs

Quick & easy! High protein low sugar fudgy acorn eggs

@CarolineDeisler

makes 9



## Ready in

10 min

## Ingredients

1/2 cup cashews  
1/2 cup oats  
1 heaping tbsp hazelnut butter  
2 medjool dates  
2 tbsp water

1/2 - 1 vegan chocolate bar

## Directions

1. Add cashews and oats to a blender and blend until it becomes a flour. Transfer flour to a bowl.
2. In a food processor, add 2 medjool dates and 1/4 cup water and pulse until creamy.
3. Add date cream and hazelnut butter to the flour mixture and combine well using your hands. You can also make a big batch of the caramel sauce by blending 6-8 dates with 1 cup of water and only using 2 tbsp for this recipe.
4. Form little eggs with your hands and put them in the fridge while you are melting your chocolate.
5. Dip each egg in chocolate and keep them in the fridge until you're ready to eat them.









# PECAN CARAMEL BROWNIES

## Ingredients

### BASE

6 large medjool dates  
1/2 cup pecans  
1/2 tsp vanilla powder extract  
3 tbsp raw cacao powder

### CARAMEL

10 large dates (or 12 smaller dates)  
1 tsp vanilla powder extract  
1 cup water

1 vegan chocolate bar

## Directions

- 1** Start by adding all base ingredients into a food processor and pulse until you have a sticky dough.
- 2** Transfer dough to a baking tray lined with parchment paper and press it down flat to form your 1-2cm thick base. Place in the freezer while you make your caramel sauce.
- 3** Add all caramel ingredients into a high-speed blender and blend until creamy. Spread caramel on top of the brownie base and freeze for 30 min.
- 4** Melt the chocolate and pour over the caramel layer. You can store these in the freezer for a few weeks, although mine were all gone in a day hahah! Just take them out about 20 min prior to eating so the caramel is nice and soft.





makes 6

# BOUNTY EGGS

## Ingredients

1 cup desiccated coconut  
1/4 cup oat flour (blend oats)  
3 tbsp maple syrup  
2 tbsp cashew butter or white almond butter  
2 tbsp water or lemon juice

### COATING

1 vegan chocolate bar

## Directions

- 1 Add all ingredients to a food processor and pulse until you can form a smooth dough with your hands.
- 2 Form little eggs with your hands or add the dough to silicone egg molds for the perfect egg shape. Place in the freezer for 30 minutes.
- 3 Melt the chocolate, dip each bounty egg in chocolate and let it quickly set in the fridge or freezer. You can store these in the fridge for up to a week minimum. LOVE LOVE LOVE these little bites of coconut heaven!







# RAW BROWNIES

*The quickest healthy brownie bites for every day*



## Ready in

10min

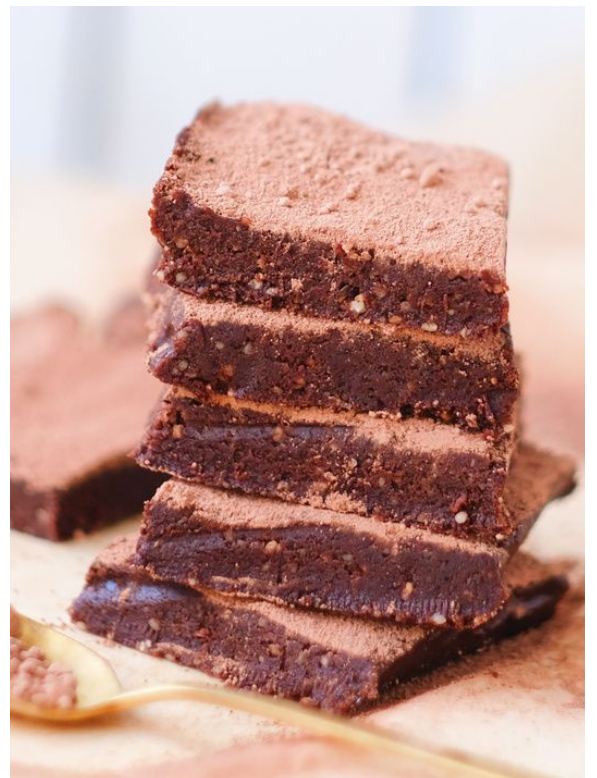
## Ingredients

9 large medjool dates  
3/4 cup pecans  
1 tsp vanilla powder extract  
4 tbs raw cacao powder

## Directions

1. Add all ingredients into a food processor and pulse until you have a sticky dough.
2. Transfer dough into a baking form lined with parchment paper and press down. I like the brownies to be about 3 cm thick.
3. Place in the fridge for about an hour to firm up or enjoy straight away.
4. Top with some more cacao powder and ENJOY!! Peer loved these as well ahaha, so definitely non-vegan approved!

*Simple and soo delicious*







## ALMOND SWIRL EGGS

### Ingredients

6 large medjool dates  
1 heaping tbsp brown almond butter

#### MARZIPAN

1 cup ground almonds  
3 tbsp maple syrup

### Directions

- 1** Start by making the marzipan. Add ground almonds and maple syrup to a food processor and pulse until you have a sticky marzipan dough. Form one big ball and place it in the fridge while you make your almond date paste.
- 2** Add dates to a food processor and pulse until you have a sticky date paste. Add in almond butter and pulse again.
- 3** Get the marzipan from the fridge, roll it out flat on parchment paper. Using another sheet of parchment paper, press it down flat.
- 4** Form little eggs with the almond date paste, add a thick layer of marzipan covering about half the egg and roll together so you have parts with marzipan and parts without. This doesn't have to look perfect at all.:) Store them in the fridge for up to a week.SO DELIIICIOUS!!! .



**SO YUM!!!**

*My Favourite*





# FERRERO ROCHER *Eggs*

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## Ready in

30 min

## Ingredients

6 large medjool dates  
3 tbsp raw cacao powder  
1 tbsp hazelnut butter  
1/2 cup whole roasted hazelnuts  
1/2 tsp vanilla powder extract

Whole roasted hazelnuts for filling  
1 vegan chocolate bar

## Directions

1. First, add pitted dates to a food processor and pulse until you have a sticky date paste.
2. Add in all other ingredients and pulse for 10-20 more seconds but not too long, It's nice to have some crunchy hazelnut pieces in there.
3. Using your hands, form little egg shapes and place one hazelnut in the middle of each egg. Alternatively form round balls.
4. Repeat until the dough is gone, place rocher eggs in the fridge and in the meantime melt your chocolate.
5. Dip all Ferrero eggs in chocolate and let them set again in the fridge for 30 min. The most delicious little bites of heaven and an absolute must for everyone who loved Ferrero Rocher as much as I did when I was younger. :)





# BANOFFEE EGGS

Creamy, smooth, delicious and full of goodness!

@CarolineDeisler



## Ready in

40 min

## Ingredients

1/2 cup cashews  
1/2 cup oats  
1 heaping tbsp peanut butter

### CARAMEL

3 large medjool dates  
1/4 cup water

### FILLING

2 ripe bananas  
1/2 tsp vanilla powder extract  
1 tsp peanut butter

### TOPPINGS

1 banana, sliced  
Rest of caramel sauce

## Directions

1. Add oats and cashews to a blender and blend until flour.
2. In a food processor, add 3 medjool dates and 1/4 cup water and pulse until creamy. Combine 2 tbsp of the date cream, oat-cashew flour and peanut butter and mix well with your hands. Keep 1 tbsp of caramel sauce for the topping.
3. Spread the mixture evenly into silicone egg moulds and place in the freezer while you make the filling.
4. Add ripe bananas, vanilla and peanut butter to a food processor and pulse until creamy.
5. Spoon the mixture into the egg molds, top with a banana slice and a drop of caramel sauce. Store in the freezer.:





**Ready in**  
5 min

# COOKIE DOUGH *Eggs*

## Ingredients

1/2 cup cashews  
1/2 cup oats  
1 heaping tbsp  
peanut butter  
2 medjool dates  
2 tbsp water

## Directions

- 1** Add cashews and oats to a blender and blend until flour. Transfer to a bowl.
- 2** In a food processor, add 2 medjool dates and 1/4 cup water and pulse until creamy.
- 3** Add date cream and peanut butter to the flour mix and combine well using your hands. You can also make a big batch of the caramel sauce by blending 6-8 dates with 1 cup of water and only using 2 tbsp for this recipe.
- 4** Form little eggs with your hands and put them in the fridge until you eat them.



# STRAWBERRY

## Shake

2 ripe bananas  
1 cup frozen strawberries  
1 medjool date (optional)  
1/2 tsp vanilla powder extract

Place all ingredients into a blender and blend until smooth. So refreshing, delicious and perfect for Spring!

*Peers favourite*



# BANOFFEE PUDDING

Simple yet SOOO delicious ....



## Ready in

5 min

## Ingredients

4 ripe bananas  
1 tsp vanilla powder  
extract  
1 tbsp peanut butter

## Directions

Add all ingredients to a food processor or blender and blend until creamy. Add a tiny bit of water if needed. ENJOY!!

*Love this*







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# CHOKO PUDDING

## Ingredients

4 ripe bananas  
1 tsp vanilla powder extract  
1 tbsp peanut butter  
2 tbsp cacao powder

Optional: Top with cacao nibs for an extra crunch

## Directions

Add all ingredients to a food processor or blender and blend until creamy. Add a tiny bit of water if needed. ENJOY!!





# Baked Sweets

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A close-up photograph of three square slices of carrot cake arranged on a light pink ceramic plate. Each slice is topped with a thick layer of white cream cheese frosting, which is then sprinkled with golden-brown toasted coconut flakes. The cake slices are set against a soft-focus background of a pink fabric. A gold-colored metal fork is placed diagonally across the plate, with its tines resting near the bottom slice of cake. The overall lighting is bright and natural, highlighting the textures of the frosting and the coconut flakes.

*Healthy*  
**Carrot Cake**





*makes 6 squares*

## Ingredients

2 cups ground almonds (I used white)  
1/2 cup arrowroot  
1 tsp cinnamon  
1 tsp baking powder  
1 tsp allspice  
1 tsp vanilla powder extract  
3/4 cup coconut sugar

1/2 cup almond milk  
2 carrots, grated (about 1 cup)  
1/4 cup raisins, soaked  
1/4 cup walnuts, roughly chopped

### FROSTING

3/4 cup cashews, soaked  
Juice of 1/2 lemon  
3 tbsp maple syrup  
1/2 tsp vanilla powder extract  
2 tbsp water

## Directions

- 1 Preheat the oven to 190 degrees Celsius.
- 2 Soak raisins in hot water and in a separate bowl soak cashews in water (for the frosting).
- 3 Add all dry ingredients into a mixing bowl and combine well. Stir in almond milk and mix well.
- 4 Add in grated carrots, soaked and rinsed raisins and walnuts. Transfer the carrot cake batter to your baking form lined with parchment paper and bake for 23-25 minutes. I found that 24min is the perfect sweet spot to still have it super fluffy.
- 5 While the cake is in the oven, add soaked and rinsed cashews, lemon juice, maple syrup, vanilla and water to a food processor and pulse until creamyyyy. Put in the fridge until your cake has fully cooled down.
- 6 Add cashew frosting, sprinkle some more grated carrots on top and ENJOY!! One of my favourite recipes ever!! So fluffy, delicious and healthy!



# Baked Banana Eggs

Little banana bread heaven bites to sparkle up any day!



## Ready in

20 min

## Ingredients

2 large ripe bananas, mashed  
1 cup oats  
2 heaping tbsp peanut butter  
1 tbsp maple syrup  
2 tbsp cacao nibs  
Pinch of salt

1 banana for topping  
1 tsp coconut sugar

## Directions

1. Preheat the oven to 180 degrees Celsius.
2. Mash bananas with a fork, add in oats, peanut butter, maple syrup, cacao nibs and a pinch of salt and mix well.
3. Form eggs with your hands and place on a tray with parchment paper. Add one banana slice on each egg and sprinkle a bit of coconut sugar on top for that golden caramel look .
4. Bake for 12 minutes, let them cool down and ENJOYYYY!





# Lemon Cake

## Ingredients

### BASE

1/2 cup brown rice flour  
1/2 cup ground almonds (white)  
Lemon zest from 2-3 lemons  
1 tsp vanilla powder extract  
2 heaping tbsp arrowroot  
1 tbsp baking powder  
1 golden flaxseed egg (2 tbsp ground flaxseeds + 6 tbsp water)

### ADD IN:

1/2 cup maple syrup  
Juice of 2 lemons  
1 coconut yoghurt (125g)

### FROSTING

1/2 cup cashews  
Juice of 1 lemon  
1/4 cup maple syrup

## Directions

- 1** Preheat the oven to 180 degrees Celsius and soak cashews in water.
- 2** Grind flaxseeds, mix with water and set aside for 10min. Add all base ingredients into a bowl and mix well.
- 3** Add in maple syrup, lemon juice and coconut yoghurt and mix well. Transfer the cake mixture to your baking form lined with parchment paper and bake for 30 minutes.
- 4** Let's make your frosting in the meantime. Add soaked and rinsed cashews, lemon juice and maple syrup to a blender or food processor and blend until creamy. A food processor sometimes works better as you aren't using much liquid.
- 5** Once the cake has cooled down, add the cashew lemon frosting, sprinkle some more lemon zest on top & ENJOY!



Heavenly refreshing  
and delicious

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# Banana Flapjacks

*Delicious gooey banana granola flapjacks*

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## Ready in

30 MIN

## Ingredients

2 ripe bananas, mashed  
4 large medjool dates  
1 tbsp almond butter  
1 cup oats  
1/2 cup walnuts  
1/4 cup cacao nibs

## Directions

1. Preheat the oven to 160 degrees Celsius.
2. Mash bananas with a fork.
3. Add pitted dates and almond butter to a food processor and pulse until you have a crumbly paste.
4. Add date mixture to mashed bananas and combine well.
5. Add oats and walnuts to a food processor and pulse for a few seconds and add to the rest.
6. Stir in cacao nibs and transfer the mixture to your baking form lined with parchment paper.
7. Bake for 20-25 minutes, let your flapjacks cool down and cut into bars or squares. Such an easy delicious easter brunch treat or the perfect healthy snack.







makes 9

# Krokant Eggs

## Ingredients

1 cup oat flour (blend  
oats)  
1 cup ground almonds  
(white for color)  
1 tsp vanilla powder  
extract  
1/2 cup maple syrup  
1/4 cup cashew butter  
  
1 vegan chocolate bar

## Directions

- 1 Preheat the oven to 180 degrees Celsius.
- 2 Add all ingredients into a bowl and mix well. Form little eggs with your hands and place them on a tray with parchment paper.
- 3 Bake for 12 minutes at 180 degrees Celsius. I like to flip them over after 6 minutes so they get crunchy on both sides.
- 4 Let them cool down and in the meantime, melt your chocolate. Dip each egg in chocolate and let it dry off. So easy to make and so so delicious!!



# STICKY TOFFEE EGGS

The most delicious sticky date pudding eggs ever!!



## Ready in

30 min

## Ingredients

10 medjool dates  
1 cup hot water  
1/2 cup cashew butter  
1/4 cup arrowroot  
1/4 cup oat flour (blend oats)  
1 tsp vanilla powder extract  
1/2 tsp baking powder (optional)

## CREAM

6 medjool dates  
1 cup water  
1/2 cup cashews

## Steps

1. Preheat the oven to 180 degrees Celsius.
2. Add a cup of hot water to the pitted dates and let them soak for about 10 minutes.
3. add soaked dates (without the water), cashew butter, oat flour, arrowroot and vanilla extract to a food processor and pulse until you have a sticky dough.
4. Transfer the dough to your silicone egg molds and bake for 18 minutes at 180 degrees C.
5. In the meantime, we can make the cream. Soak cashews in a cup of water for 10 minutes, this just makes them even easier to blend and it's great for your digestion as well. Add rinsed and soaked cashews, 6 medjool dates and a cup of fresh water (\*not the soaking water) to a blender and blend until creamy. Store the cream in the fridge until you are serving your sweet eggs.
6. Once the baking time is done, let the sticky date pudding eggs fully cool down before removing them from your silicone form. The perfect dish to serve for a delicious Easter brunch!! Can't wait to hear if you LOVE them as much as I do, I had all 6 in one day hahah because they were just so delicious!! And the best part, they are so healthy you'll feel so much better compared to having refined sugar and dairy loaded Easter eggs.:-)



# NUSSZOPF

*A childhood favourite made healthyyy*

@CarolineDeisler



## Ready in

30 MIN

## Ingredients

### FILLING

- 1 cup roasted hazelnuts,
- 2 large medjool dates
- 1/2 cup ground hazelnuts
- 2 tbsp coconut sugar
- 1/3 cup almond milk
- 1 tbsp cinnamon

### DOUGH

- 1/4 cup maple syrup
- 1/4 cup apple sauce
- 1 tbsp arrowroot
- 1,5 cups ground almonds
- 1/2 cup buckwheat flour

### ICING

- 1/4 cup cashews
- 1/4 cup water
- 1 tbsp cashew butter
- 1 tbsp maple syrup

## Directions

1. Start by making the filling. Add roasted hazelnuts and medjool dates to a food processor and pulse a few times. In a different bowl, mix ground hazelnuts, coconut sugar, almond milk and cinnamon. Add in hazelnut date spread from the food processor and combine well.
2. Put that aside and make the dough by adding apple sauce and maple syrup to a bowl. Mix well then add in arrowroot, buckwheat flour and ground almonds.
3. Form two balls, roll them out in an oval shape using 2 pieces of parchment paper so the dough doesn't stick to your hands.
4. Spread the nut mixture evenly on the dough.
5. Roll the dough, starting from the longer side. Make a long cut in the middle and form a round circle lapping one side over the other. Be gentle here. Since we are only using very healthy ingredients our dough is not as firm as the original version.
6. Bake for 20 minutes until golden brown. Let them cool down.
7. The icing is completely optional, I love it with and without!! To make the icing, add all ingredients into a blender and blend until smooth. Put in the fridge while your Nusszopf is baking. :) YUM YUM YUM!!!







*Sweet Raisin*  
**Buns**





## Ingredients

1 tbsp chia seeds + 3 tbsp water  
1/2 cup raisins  
1,5 cups oat flour (blend oats)  
1 cup ground almonds  
1 tsp cinnamon  
Sprinkle of salt  
1 tsp baking powder  
2 tbsp coconut sugar  
1/2 cup + 2 tbsp almond milk

## Directions

- 1** Add chia seeds and water into a small bowl and let them soak for 15 minutes.
- 2** In the meantime also soak raisins in hot water for a few minutes, rinse well afterwards and preheat the oven to 180 degrees Celsius.
- 3** Add all ingredients into a bowl and mix well using your hands. Form little buns and place them on a tray lined with parchment paper.
- 4** Bake for 30 minutes and let them cool down afterwards. Such a delicious breakfast, brunch or snack and very easy to pack on the go. I used to LOVE raisin buns when I was younger!! These taste delicious, keep you full for much longer than regular raisin buns, are wheat-free, refined sugar free and really nutritious. These definitely shouldn't be missing on your Easter breakfast table!



# Hot Cross Buns

makes 8



## Ready in

30 min

## Ingredients

### BUNS

1.5 cups ground almonds  
1/2 cup buckwheat flour  
1 tbsp arrowroot  
1 tsp vanilla powder extract  
1 tbsp cinnamon  
1/3 cup maple syrup  
1/4 cup apple sauce  
2 tbsp orange juice  
1/4 - 1/2 cup raisins

### STRAWBERRY JAM

1 cup fresh strawberries  
1 tbsp chia seeds  
3 tbsp water  
1 tbsp maple syrup  
Juice of 1/2 lemon

## Directions

1. Preheat the oven to 180 degrees Celsius.
2. Add all dry ingredients together and mix well. Stir in maple syrup, apple sauce, orange juice and raisins.
3. Form little buns with your hands and place them on a tray lined with parchment paper.
4. Bake for 20 minutes and ENJOYYYYYY!! Love to serve these with a scoop of coconut yoghurt and strawberry jam.
5. To make the jam, soak chia seeds in water for 15 minutes. Blend strawberries, add them to the chia seed mixture, add maple syrup and optionally some lemon juice and mix well.







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## THANK YOU!

I hope this ebook got you excited about enjoying Easter to the fullest! You don't need to stress about potentially eating lots of unhealthy sweets with these EASY, DELICIOUS and HEALTHY recipes that are so good for you that you can enjoy them every single day and literally feel and look your best. I always say real treats are the ones that make you FEEL GOOD!

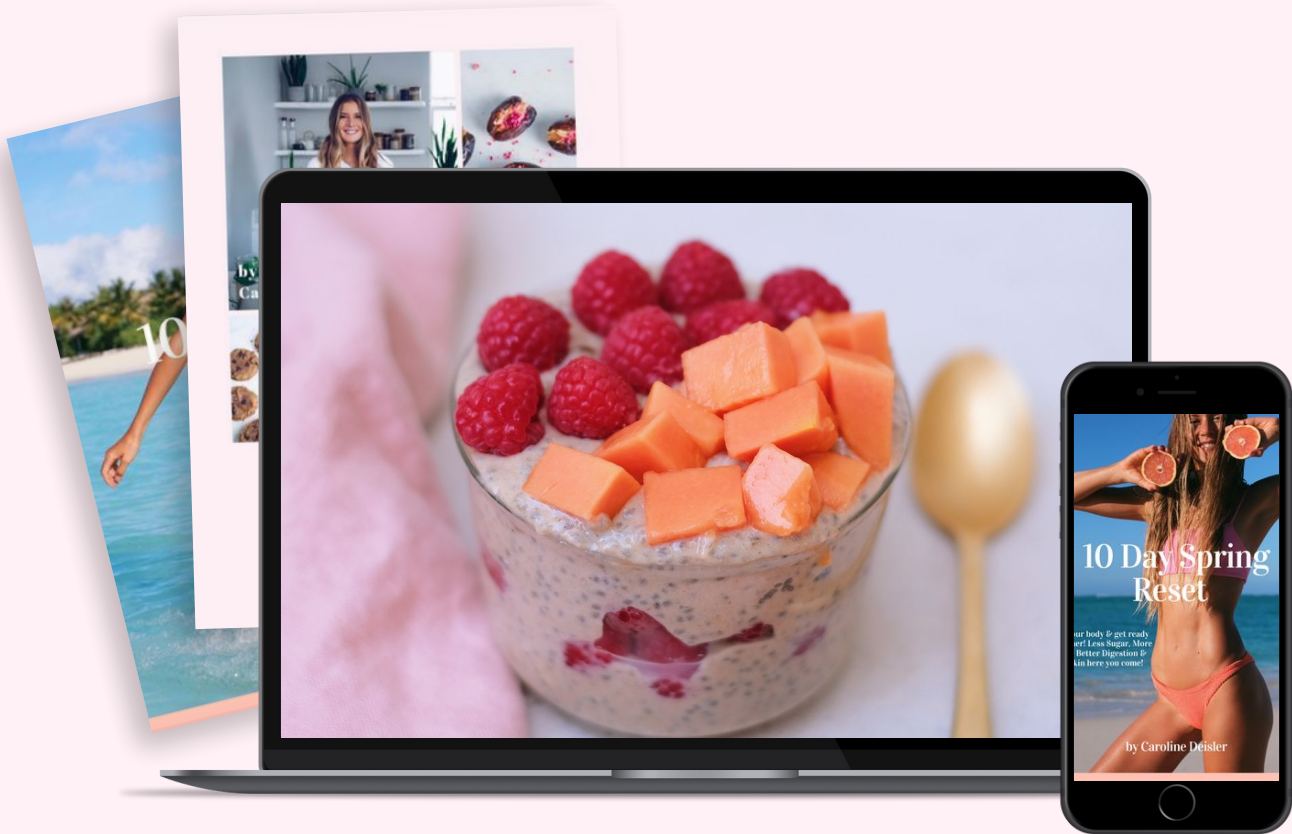
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