

Eggstraordinary *Healthy Easter Recipes*

Get the whole family to hop in the kitchen for some delicious and healthy cooking!



A note from the Northcott's Dietetics Team

Easter is a time for celebration, family gatherings, and delicious food. This recipe book has been carefully crafted by us, the dietitians at Northcott, to bring these themes together with easy, fun, nutritious and tasty recipes. Our goal is to ensure that every dish is both delicious and nourishing!

Cooking and baking are wonderful ways to bring people together. They also provide a great opportunity for both adults and children to explore new foods and exciting flavour combinations they might not have considered before.

As a team of dietitians, we aim to inspire individuals to develop a positive relationship with food. By sharing our knowledge, we help people build the skills and understanding needed to cook food that is both healthy and enjoyable. These easy recipes are designed for all ages and skill levels and represent creative ways to use staple pantry ingredients (or leftover Easter eggs) in fun and exciting ways. Flick through this book to also discover some healthy facts and tips about each recipe and/or ingredient.

If you are interested in personalised dietetic support or have any questions, please reach out to our enquiries team by visiting the link below:

northcott.com.au/services/dietetics/

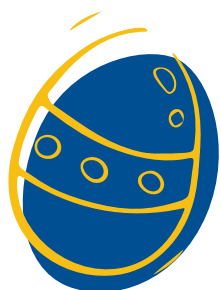
We hope you have an Eggstraordinary Easter!

The Dietetics Team



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Pancakes



Ingredients:

- 2 medium or large ripe bananas
- 4 large eggs
- ½ cup wholemeal or oat flour (oats blended into a flour)

Optional:

- Cinnamon
- Blueberries
- Choc chips

To serve:

- Maple syrup
- Walnuts
- Greek yoghurt
- Ricotta cheese
- Chia seeds
- Honey
- Fresh Berries
- Strawberries
- Extra banana slices
- Peanut butter



Method:

1. In a medium mixing bowl, mash the banana with a fork until smooth then add the eggs and whisk together well.
2. Add the flour and any of the optional add ins and gently stir until combined.
3. Heat a frypan over medium-low heat covered with some spray oil and after a few minutes, scoop $\frac{1}{4}$ cup batter and pour it into the pan.
4. Cook until small bubbles form on the surface of the pancakes (2 to 3 minutes) and then flip the pancake to cook on the other side.
5. Repeat the process with the remaining batter, adding more oil before pouring more batter onto the pan.
6. Serve your pancakes with any of the optional ingredients listed.

**** Recipe contains egg and may contain wheat, nuts, seeds and dairy***



Adding extra fruits to top our pancakes can help us reach our recommended two serves of fruit per day.

Hot Cross Buffin (bun x muffin)



Ingredients:

- 1½ cups wholemeal spelt flour
- ½ cup milk
- ¼ cup maple syrup
- ¼ cup melted butter
- 1 egg
- 1 teaspoon baking powder
- ¼ teaspoon bicarbonate of soda
- 1 teaspoon vinegar
- 1 teaspoon ground cinnamon
- 1 teaspoon mixed spice
- 1 teaspoon vanilla extract
- ¾ cup mixed dried fruit
- Olive oil cooking spray

Cross mixture:

- 2 tablespoons wholemeal spelt flour
- Water

To serve:

- Ricotta cheese
- Maple syrup
- Cinnamon
- Nuts and seeds

Method:

1. Preheat oven to 160°C (fan-forced).
2. Place your flour into a big bowl and make a well in the middle of it before setting it aside to use later.
3. In a separate bowl, whisk together the milk, maple syrup, butter, egg, baking powder, bicarbonate of soda, vinegar, cinnamon, mixed spice and vanilla until well combined and it begins to foam up, then gently add and mix through your dried fruit.
4. Add your wet mixture to the flour well and fold through gently until just combined. Tip: be careful not to over mix.
5. For the crosses, mix 2 tablespoons of flour with a little bit of water until it sticks together to form a dough. Roll it out using your hands to make long stick-like pieces that you can lay over the buns in the shape of a cross.
6. Spoon your buffin mixture into a lined muffin tray and place your cross over the top of each of them.
7. Bake for 15 minutes or until cooked through (firm to touch in the middle).
8. Serve with ricotta cheese or any of the other optional serving ingredients.

**** Recipe contains egg, dairy, wheat and may contain nuts and seeds***



Adding dried fruit not only brings a bit of sweetness but also dietary fibre too! Dietary fibre can help to keep us feeling nice and full.

Carrot Mug Cake



Ingredients:

- 1 carrot
- 1 egg
- 1 Tablespoon oil
- 2 Tablespoons maple syrup
- 4 Tablespoons wholemeal flour
- Small handful (4-6) walnuts roughly broken apart
- ½ tsp baking powder
- a pinch of salt
- a pinch of cinnamon
- a pinch of cardamon (optional)

To serve:

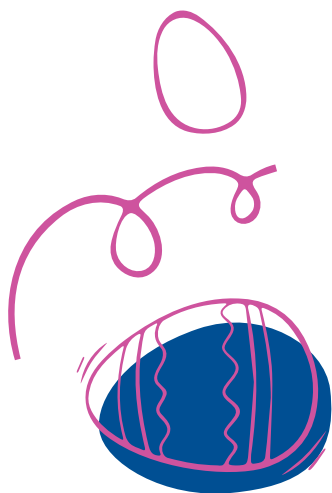
- Extra maple syrup
- Walnuts
- Greek yoghurt
- Extra grated carrot
- Dried fruits
- Chia seeds



Method:

1. Peel and grate the carrot and add it to the mug along with the egg, oil and maple syrup and whisk all the ingredients together well.
2. Add the flour, spices and baking powder to the mug and mix until the mixture is smooth and creamy.
3. Add walnuts and gently fold them through the mixture inside your mug.
4. Place the mug in the microwave to cook on high for 2 minutes.
5. Serve your mug cake with any of the optional serving suggestions listed.

**** Recipe contains wheat, egg, nuts and dairy***



Did you know carrots are important for...

✿ **Keeping good eye health**

(thanks to antioxidants that get converted into vitamin A).

✿ **Boosting immunity**

(because they are packed with vitamin C).

✿ **Helping us to digest foods better**

(as they also contain fibre, especially if you eat them with the skin on).

Chocolate Chips

Ingredients:

- Wholemeal soft tortilla bread
- Spray olive oil
- Dark chocolate

Optional serving ingredients:

- Honey
- Cinnamon
- Peanut butter
- Nuts and seeds

Loaded with antioxidants that can reduce inflammation in the body.

Wholemeal means the whole grain is used, including the fibre-rich outer layer. This extra fibre helps with digestion, keeps you full longer, and provides us with longer lasting energy. Plus, it's also a good source of protein and therefore makes the perfect pair with chocolate as a healthy sweet treat!

Method:

1. Pre-heat oven to 150°C.
2. Prepare chips by cutting up the wrap bread into your desired chip shapes or using cookie cutters.
3. Line a baking tray with baking paper and lay your chips flat and separated from each other so that they do no touch.
4. Coat your chips by spraying some extra virgin olive oil spray over the top of them, flip the chips over and spray the other side with some oil too.
5. Place your chips into the oven to cook for 10-12 minutes or until golden, then allow them to cool.
6. Melt chocolate in the microwave.
7. Dip your cooled chips into the chocolate and carefully place them back on your tray.
8. Once all your chips have been dipped in the chocolate, place the tray into the fridge to allow the chocolate to set.
9. Once your chocolate has set, add any of the additional ingredients over the top of them if you wish.

**** Recipe contains wheat and may contain nuts and seeds***



Easter Fun Smoothie

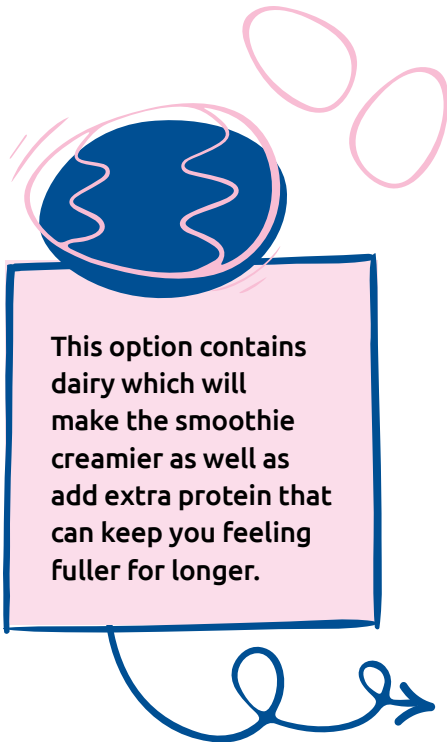


Smoothies are a quick and easy way to pack in a variety of fruits and vegetables, giving you a boost of different vitamins and minerals all at once.

Method:

1. Optional: decorate your bottles/glasses by sticking some googly eyes onto it with a glue stick or using blu tack. With a non-toxic marker draw an open and upside-down triangle to resemble a beak (see image for reference).
2. Place your smoothie ingredients into a blender, plus any additional/optional ingredients and blend until smooth.
3. Pour into your decorated bottles and glasses and serve with yellow straws.

** Recipe may contain dairy*



This option contains dairy which will make the smoothie creamier as well as add extra protein that can keep you feeling fuller for longer.

Ingredients:

NON-DAIRY OPTION

- 1 cup frozen mango
- 1 banana
- 1 cup of freshly squeezed orange juice

DAIRY OPTION

- 1 banana
- ½ orange freshly squeezed
- ⅓ cup Greek yoghurt
- ¼ cup milk
- 1-2 teaspoons honey (optional)

Granola Bark

Ingredients:

- 2 cups oats
- ½ cup honey or maple syrup
- 1 tablespoon olive oil
- 1 teaspoon vanilla extract

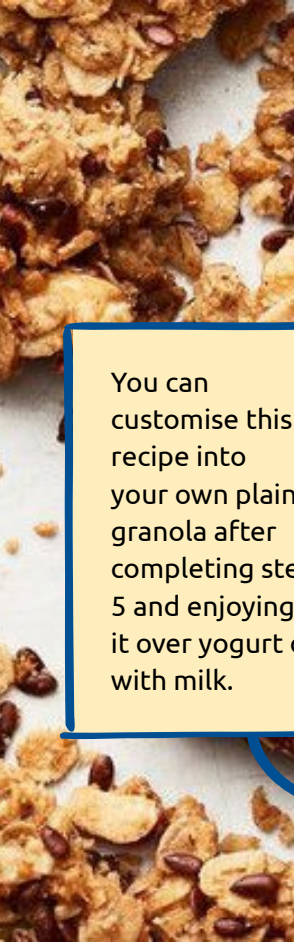
Optional toppings:

- Desiccated coconut
- Pumpkin seeds
- Sunflower seeds
- Peanut butter
- Chia seeds
- Dried fruits
- Choc chips



This has the potential to become a convenient and portable breakfast option for those short on time in the morning. Packed with energy-boosting oats, it's a great way to kickstart your day!





You can customise this recipe into your own plain granola after completing step 5 and enjoying it over yogurt or with milk.

Method:

1. Pre-heat the oven to 160°C.
2. In a bowl, add oats and any of the optional ingredients of your choosing.
3. Add the oil, honey or maple syrup and vanilla extract to your bowl and mix well.
4. Line a baking tray with baking paper.
5. Transfer your mixture onto the baking tray and press down to make the mixture flat so that it covers most of the tray and then place in the oven to cook for 20-25 minutes or until golden.
6. Allow your granola to cool a little and then melt some chocolate in another bowl to pour it over the top so that it covers the whole surface of your granola base.
7. Place the tray into the freezer or fridge until chocolate has set and using your hands, break granola up into smaller pieces.

**** Recipe may contain nuts and seeds***



Devilled Egg Chicks

Ingredients:

- 6 large eggs
- ¼ cup Greek yogurt
- 1 teaspoon Dijon mustard
- Salt
- ½ teaspoon garlic powder
- Sweet or smoked paprika

Optional (for decoration)

- Currants
- 1 small carrot
- 2 teaspoons chopped chives

Eggs are a great source of protein to help build and keep our muscles nice and strong. They can also help with brain functioning and memory as they are loaded with many vitamins and minerals that help with this!

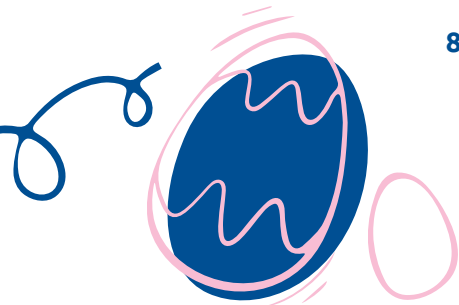
THE FRESH EGG TEST

Place an egg in a bowl of water. If the egg sinks and lays flat along the bottom, then you have yourself a fresh egg. If the egg stands upright or floats, then it doesn't pass the fresh test and should not be used.

Method:

1. In the bottom of a medium saucepan, carefully arrange the eggs in one single layer and cover with cold water.
2. Place the saucepan over high heat to bring to a boil and as soon as the water is boiling fast and hard, turn the heat off, cover the saucepan with a lid, and leave the eggs to cook for exactly 10 minutes.
3. Carefully drain the water from the cooked eggs, and run them under cold water until they have fully cooled.
4. Peel the eggs and slice them in half from top to bottom.
5. Using a small spoon, scoop out the cooked egg yolks and put them into a separate the bowl. Once all the cooked yolks are removed, add the yogurt, mustard, garlic powder, and a big pinch of salt to the bowl and mash/mix together until the filling is light and fluffy.
6. Fill the egg halves with the egg mixture by either piping into it using a piping bag or carefully spooning the mixture back into the yolk holes.
7. Sprinkle with paprika and garnish with chives (optional).
8. To decorate, add 2 currants for the eyes, and cut out a small triangle carrot piece for the beak.

**** Recipe contains egg and dairy***



Black Forest Yoghurt Bark

Ingredients:

- 2 cups Greek yoghurt
- 3 tablespoons cacao powder
- 3-4 tablespoons honey
- Handful of cherries

Optional toppings:

- Coconut
- Nuts and seeds
- Grated dark chocolate

Greek yoghurt can make our tummies really happy by building good bacteria that can help support better digestion. It also a really good source of protein and calcium that can support our muscles and bones!

Frozen desserts last a long time, so you can make them when you have more time and have them available whenever you're in the mood for something sweet!

Method:

1. In a bowl, add yoghurt, cacao powder and honey and mix.
2. Line a baking tray or large container with baking paper.
3. Pour and spread your mixture across the lined baking tray/ container but be careful not to spread it out too thinly!
4. Wash and cut your cherries in half and place them over the top of your mixture.
5. Place your tray or container in the freezer to set for 3-4 hours or overnight.
6. Once set, break up your frozen mixture into pieces using your hands.
7. Store whatever is leftover back in the freezer to stay set.

**** Recipe contains dairy and may contain nuts and seeds***



Bread Nests



Ingredients:

- 8 slices high fibre white bread or wholemeal bread
- Olive oil spray
- 5 eggs
- 2 tablespoons milk
- 1 cup finely grated parmesan cheese
- Pinch of salt and pepper


Optional fillings:

- Ham
- Cherry tomatoes
- Spinach
- Mushroom
- Shredded carrot
- Corn




Method:

1. Preheat the oven to 160°C.
2. Carefully remove the crusts from each slice of bread and lightly spray over one side with oil.
3. Gently flip each slice of bread onto the oil side and flatten the slices using a rolling pin.
4. Place the side of the bread with the oil faced down into the muffin tray and press down gently to mold to the shape of the muffin hole with the bread to make a nest shape. Repeat this with the remaining slices of bread.
5. Place the tray with the nests in the oven to cook for 15 minutes or until golden and allow them to cool.
6. Meanwhile, prepare any of the optional filling ingredients by dicing them up very small.
7. Break the eggs into a large jug and add any optional ingredients with the milk, salt, pepper and half the parmesan and whisk together well.
8. Carefully pour some of the mixture into the bread nests and sprinkle some extra parmesan cheese over the top. Be careful not to overfill the nests with your egg mixture.
9. Place the tray back in the oven and bake for another 18-20 minutes, or until the egg mixture is set. Allow the nests to cool in the muffin tray for a little longer before removing them from the muffin tray.



Sometimes manufacturers add extra ingredients, vitamins, or minerals to food products. Some white bread is high fibre because fibre has been added to it, making it more nutritious than regular white bread.



Keep an eye out for product labels on foods that have added vitamins and minerals which make them more nutritious.

**** Recipe contains wheat, egg and dairy***

Beetroot Pasta Sauce



Ingredients:

- 2-3 whole beetroots
- 2-3 cloves of garlic
- Olive oil spray
- $\frac{3}{4}$ cup ricotta cheese
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon salt
- $\frac{1}{4}$ cup walnuts
- Freshly grated parmesan cheese

Serving suggestions:

- Spaghetti
- Soba noodles
- Zucchini noodles
- Vetta pasta range
- Pulse pasta range
- Fresh mint
- Extra beetroot
- Roasted chickpeas

beetroot can help support heart health as it contains specific nutrients to help lower blood pressure.

When you cook and cool pasta, it forms resistant starch, which acts like fibre. This helps support digestion and keeps you feeling fuller for longer!



Method:

1. Pre-heat the oven to 200°C.
2. Peel and cut the beetroot into quarters and place on top of a lined baking tray.
3. Peel and mince garlic to place on top of beetroot and coat with some oil using the oil spray, then place in the oven to cook for 30-40 minutes and allow them to cool before moving onto the next step.
4. Add cooked and cooled beetroot with ricotta, olive oil, lemon juice, salt and 1/4 water to a blender and blend until smooth.
5. Choose one of the optional serving suggestions and prepare as per packet instructions before serving/mixing with beetroot sauce.
6. Roughly chop the walnuts and place them over the top of your pasta with some freshly grated parmesan cheese and any of the other optional ingredients.
7. Serve pasta either hot or cold.

**** Recipe contains dairy and may contain wheat and nuts.***

Bagel Nests

All of these optional serving suggestions are great additional sources of protein!



Ingredients:

- 1 cup cottage cheese
- 1 cup self-raising flour
- 1 egg white
- 4 tablespoons parmesan cheese
- 2 tablespoons chives
- 1 carrot

Optional fillings:

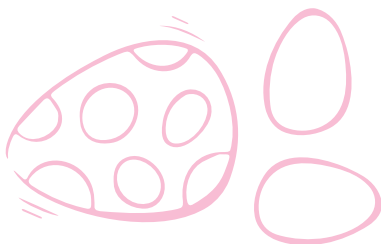
- Hummus dip
- Ricotta cheese
- Beetroot dip
- Tzatziki dip
- Cucumber
- Nut and seed toppers
eg pumpkin seeds,
almonds, sun flower
seeds, walnuts



Method:

1. Pre-heat the oven to 175°C.
2. Place the cottage cheese into a food processor or blender and mix until it becomes a smooth texture.
3. Place the cottage cheese into a large mixing bowl, then add the flour to it and mix until a dough forms.
4. Place some extra flour onto a clean surface and place your dough on top of it. Knead the dough until it feels smooth and the dough springs back up when you press down on it with your finger.
5. Cut the dough into 4 equal parts.
6. Roll each piece of dough into a ball and using your hands, shape them into bagels by also creating a hole in the middle of each of them.
7. Place your bagels onto a baking tray lined with baking paper.
8. In a small bowl, crack an egg and separate the egg white. Then, whisk the egg white with a fork.
9. Brush some of the egg white over the top of each bagel and then sprinkle the parmesan cheese and chives evenly across all four bagels.
10. Place in the oven to bake for 20 minutes or until golden.
11. Grate carrot and prepare any other optional toppings.
12. Cut your bagels in half and choose any of the optional spreads and toppings to place on your bagel, then sprinkle some grated carrot over the top of them to complete your bagel nests.

**** Recipe contains dairy, egg, wheat and may contain nuts and seeds***



Creamy Beetroot Dip

Ingredients:

- 1 x 450g can baby beetroot
- 1 cup Greek yoghurt
- 2 tablespoons fresh lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Salt and pepper



Method:

1. Drain the liquid from the beetroot can and chop the beetroot into smaller chunks (1cm-2cm cubes).
2. Add beetroot, yoghurt, lemon juice, cumin, coriander, salt and pepper to a bowl and mix.

** Recipe contains dairy*

Take inspiration from our chocolate chip recipe (minus the chocolate) to serve dips with your very own high fibre crackers!



Chickpea and Carrot Dip



Ingredients:

- 5-6 carrots
- 3 tablespoons olive oil
- 1 can chickpeas
- 1/3 cup liquid from chickpeas (aquafaba)
- 2 garlic cloves
- 1/4 cup freshly squeezed lemon juice
- 1 teaspoon salt
- 1/2 teaspoon cumin powder
- 1 teaspoon smoked paprika

Chickpeas are an excellent source of plant based protein, fibre, B vitamins and some minerals.





Method:

1. Preheat the oven to 200°C.
2. Wash, peel and roughly chop your carrots into smaller pieces.
3. Line a baking tray with baking paper and place your carrots on top of it.
4. In a small bowl, mix 1 tablespoon of oil with cumin, paprika and salt and drizzle over the top of your carrots whilst tossing them gently to coat them.
5. Place the carrots in the oven to cook for around 30 minutes or until soft (so that a fork can easily pass through it).
6. In the meantime, prepare your other ingredients by draining the liquid from your chickpea can into a separate bowl (you will need this later), mincing the garlic and squeezing the lemon juice.
7. In a blender or food processor, place cooked carrots, 2 tablespoons of oil, chickpeas, 1/3 cup of the liquid from your chickpeas (aquafaba), lemon juice and blend on high speed until smooth and creamy. Tip: add more aquafaba or oil if you are having trouble blending or to create a smoother texture.

*** Recipe contains chickpeas**



Zucchini and Pesto Egg Nests



Ingredients:

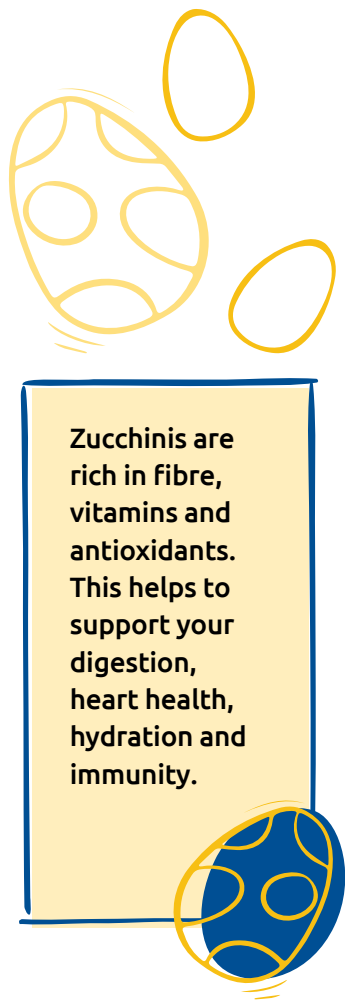
- 2 tablespoons olive oil
- 2 small to medium zucchini or pre-cut zucchini noodles
- 4 eggs
- 3-4 tablespoons pesto
- salt and pepper to taste



Method:

1. Cut the stem off the zucchini and make your own zucchini noodles using a spiralizer on the smallest setting and roughly chop the pile a few times so the noodles are not too long. Alternatively, you can use the premade zucchini noodles from the supermarket instead.
2. Heat the olive oil in a large pan over medium heat and add the zucchini noodles to the pan to lightly sauté until just softened (should take about 1 minute).
3. Using a spatula or wooden spoon, separate the zucchini into four round piles on the pan and make a small well in the middle of each of them.
4. Crack an egg into each well of the four zucchini piles.
5. Cover your pan with a lid and cook untouched for about 3 minutes. Tip: when the whites are set and the yolks are still runny, they're ready, but if you prefer your yolks cooked more, break up the yolks before you cover the pan.
6. Season lightly with salt and pepper and drizzle with pesto to serve.

*** Recipe contains egg**



Zucchini are rich in fibre, vitamins and antioxidants. This helps to support your digestion, heart health, hydration and immunity.

Spiced Roasted Carrot and Lentil Salad



Ingredients:

- 5-6 carrots
- 3 tablespoons extra virgin olive oil
- 1 teaspoon cumin ground
- ¼ teaspoon ground paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 can (425g) brown lentils

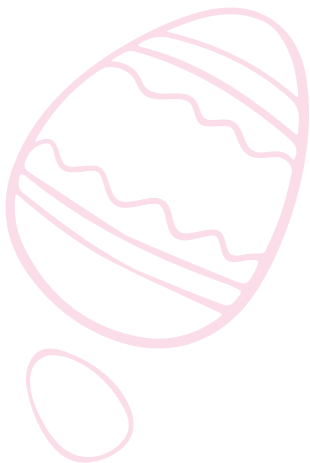
YOGHURT DRESSING INGREDIENTS:

- ½ cup Greek yoghurt
- ½ tablespoon olive oil
- ½ clove garlic
- salt and pepper

Optional:

- Honey to drizzle over the top of the salad
- Toasted nuts and seeds
- Red onion
- Fresh roquette
- Currants
- Fetta cheese
- Tomato

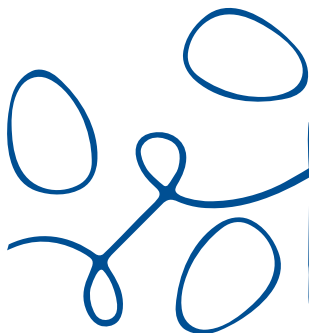




Method:

1. Preheat the oven to 200°C.
2. Prepare your carrots by slicing them and adding them to a large baking dish.
3. In a small bowl, mix cumin, paprika, salt and pepper.
4. Drizzle olive oil over the top of your carrots, then sprinkle your spices over the top and gently toss the carrots in the oil and spices until they are lightly coated.
5. Place the carrots in the oven to cook for approximately 30-40 minutes or until edges are slightly charred.
6. Whilst your carrots are cooling out of the oven, begin preparing your dressing by mincing your garlic then adding it with the yoghurt, olive oil, salt and pepper in a bowl and whisking them together until well combined.
7. Drain the liquid contents from your lentil can and rinse them over with water.
8. Assemble the salad by adding carrots, lentils and any optional salad ingredients to a serving dish then top with yoghurt dressing and honey (optional).

**** Recipe contains dairy, lentils and may contain nuts and seeds***



Lentils are packed with protein and fibre!
They're also a great source of iron, which
can help boost your energy levels.