



***Hop into the Kitchen
with Healthy and
Fun Easter Recipes***

Hunt inside for some healthy fun facts and cooking tips!

A Message from the Dietetics Team

Easter is a time for celebration, connection and of course, chocolate. By incorporating more wholefoods into traditional Easter treats, you can create options that are not only delicious but also provide added nutritional benefits to help fuel your body to keep your energy hopping along all day.

Why Include Wholefoods in Easter Treats?

Wholefoods provide fibre, healthy fats, vitamins and minerals that support overall wellbeing. They help nourish growing bodies, support digestion, promote heart health and keep energy levels steady perfect for busy Easter egg hunts and family celebrations! When paired with chocolate, wholefoods don't just boost nutrition, they also add crunch, colour and delicious layers of flavour.

Simple Ways to Boost the Nutrition of Easter Treats:

- Add protein from dairy sources such as yogurt and milk
- Add nuts and seeds
- Include wholegrains (such as oats, quinoa and wholemeal flour)
- Mix in fruit for natural sweetness

Explore our recipes to see how this can look in practice and don't forget to check out the fun facts explaining the benefits of these ingredients. You'll also find creative ideas for transforming leftover chocolate into nourishing snacks.

To build on this, we invite you to join our Healthy Chefs Program to continue developing confidence and skills in the kitchen using wholefoods. Scan the QR code or click on the link to register.

www.forms.office.com/r/b0zhgEZjds





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If you're interested in personalised dietetic support or have any questions, please contact our enquiries team via the link below:

northcott.com.au/services/dietetics/

Wishing you an egg-stra special Easter!

The Dietetics Team

1: Carrot Strawberries

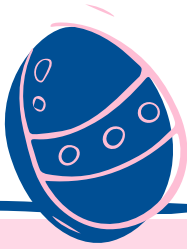


Image source: woolworths.com.au

Ingredients:

- White chocolate
- 1 tablespoon light extra virgin olive oil
- 12 drops red and yellow gel food colouring (6 each)
- Strawberries

Fact: Strawberries contain vitamin C which helps your body fight germs and keeps skin healthy.

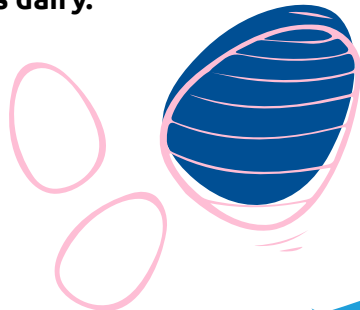


Tip: Strawberries are naturally sweet on their own. When you dip them in chocolate, the sweetness from the fruit combines with the chocolate, giving you an extra burst of sweetness!

Method:

1. Line a flat baking tray with baking paper.
2. Place the chocolate into a microwave-safe bowl and slowly melt the chocolate in the microwave in short bursts until completely melted.
3. Stir in a few drops of the red and yellow food colouring to turn the white chocolate orange.
4. Using one strawberry at a time, dip into the chocolate to coat allowing any excess chocolate to drain off before placing it on the lined tray.
5. After all the strawberries have been coated, place the tray in the fridge to set for about 10 minutes.
6. Continue to the next recipe to make a chocolate soil bed for your strawberry carrots to sit on (optional).

Contains dairy.






2: Chocolate Brownie Soil

Ingredients:

- 2 bananas
- 1/2 cup peanut butter
- 1 egg
- 2 tablespoon maple syrup
- 1/4 cup cocoa powder
- 1 teaspoon vanilla extract
- Left over chocolate or chocolate chips

Image source: [lowsugarkitchen.com](https://www.lowsugarkitchen.com)



Fact: Peanut butter and eggs are full of protein, which helps you grow strong muscles.

Fact: Bananas are also naturally sweet which is used to replace added sugars. This makes them gentler on your teeth and gives you slow, steady energy because their fibre helps your tummy digest them slowly.

Method:

1. Preheat your oven to 200°C.
2. Line a brownie tin with baking paper.
3. In a large bowl, mash the two bananas and then add your egg and vanilla extract to mix through.
4. Add maple syrup, peanut butter and cocoa powder and mix well to combine.
5. Pour the batter into the lined tin and place in the oven to cook for around 20 minutes or until cooked through. Set aside and allow enough time for it to cool completely.
6. Enjoy your brownie as it is or place it into a food processor (alternatively tear it using your hands) to create a crumb to serve your strawberry carrots with.

Contains nuts, eggs, dairy.



Image source: [woolworths.com.au](https://www.woolworths.com.au)



Carrot Chips

Ingredients:

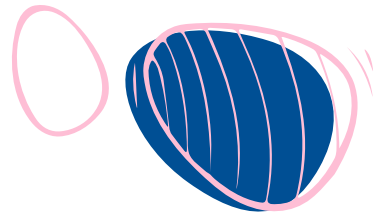
(Serves 4-5 people)

- 5-6 large carrots
- 2 1/2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon grated nutmeg (optional)
- 3/4 cup grated Parmesan cheese
- 1/4 cup finely chopped fresh Italian flat-leaf parsley for garnish (optional)

Image source: thespruceeats.com

Fact: Carrots contain vitamin A which help your eyes stay sharp and strong, helping you to see better at night.

Method:



1. Preheat your oven to 200°C.
2. Line a flat baking tray with baking paper.
3. Cut the carrots in halves or thirds.
4. Bring a saucepan of water (approx. ½ full) to boil and then place carrots into the water carefully to cook for 5-10 minutes, or until soft enough to easily pierce with a fork or knife.
5. Remove carrots from the water using a colander and allow to cool for another 5-10 minutes.
6. Place the carrots on the prepared baking sheet in a single layer with some space between each carrot. Then press down on them with the bottom of a large glass until they are about 1cm-1½cm thick.
7. Drizzle the carrots with olive oil and dust them evenly with salt, garlic powder and grated nutmeg (if using).
8. Evenly distribute grated parmesan cheese over each carrot.
9. Place the carrots into the oven to roast for about 25 minutes or until the edges are crispy and the parmesan has turned golden brown.
10. Remove from the oven and garnish with the parsley (optional) to serve.

Fact: Leaving the skins on the carrots will give you extra fibre which keeps your digestion happy and your belly full of energy.

Contains dairy.



Popcorn Twist

Image source: thekitchn.com

Ingredients:

(Serves 4-5 people)

- 1 family size packet of plain air popped popcorn
- Chocolate (your choice)
- Sea salt flakes
- Cashews
- Pepitas
- Sunflower seeds
- Dried apricots, roughly chopped
- Dried pineapple, roughly chopped
- Cranberries
- Goji berries
- Sultanas
- Pistachios, roasted and salted
- Walnuts
- Peanuts

+ Optional toppings

Method:

1. Line a flat tray with baking paper.
2. Spread your popcorn across the tray.
3. Melt your chocolate using the microwave or in a bowl over a saucepan with boiling water.
4. Drizzle the melted chocolate over the popcorn and place in the fridge for a couple of minutes until the chocolate is set.
5. Whilst the chocolate is setting, chop and prepare as many of the optional toppings you want to add to your popcorn mix.
6. Transfer your chocolate coated popcorn to a large bowl and mix through your additional toppings.

Contains dairy and may contain nuts.

Fact: Popcorn is made from whole grains, which give you fibre that can also keep digestion happy and your belly full of energy.

Fact: Adding dried fruits and nuts can elevate your popcorn by not only adding more sweetness and crunch, but also giving your tummy more fibre, your muscles protein and your brain energy.



Spinach Cob Loaf



Image source: healthymummy.com



Ingredients:

(Serves 4-5 people)

- 1 cob loaf
- ½ cup of protein such as diced bacon or roasted chicken or chickpeas (optional)
- 1 teaspoon garlic powder
- 1 ¼ cup ricotta cheese
- 1 ¼ cup sour cream

- 2 cups baby spinach
- 1 can corn kernels, drained
- 1 small spring onion, sliced

Serving suggestions

- Carrots
- Celery
- Cucumber
- Extra toasted bread



Method:

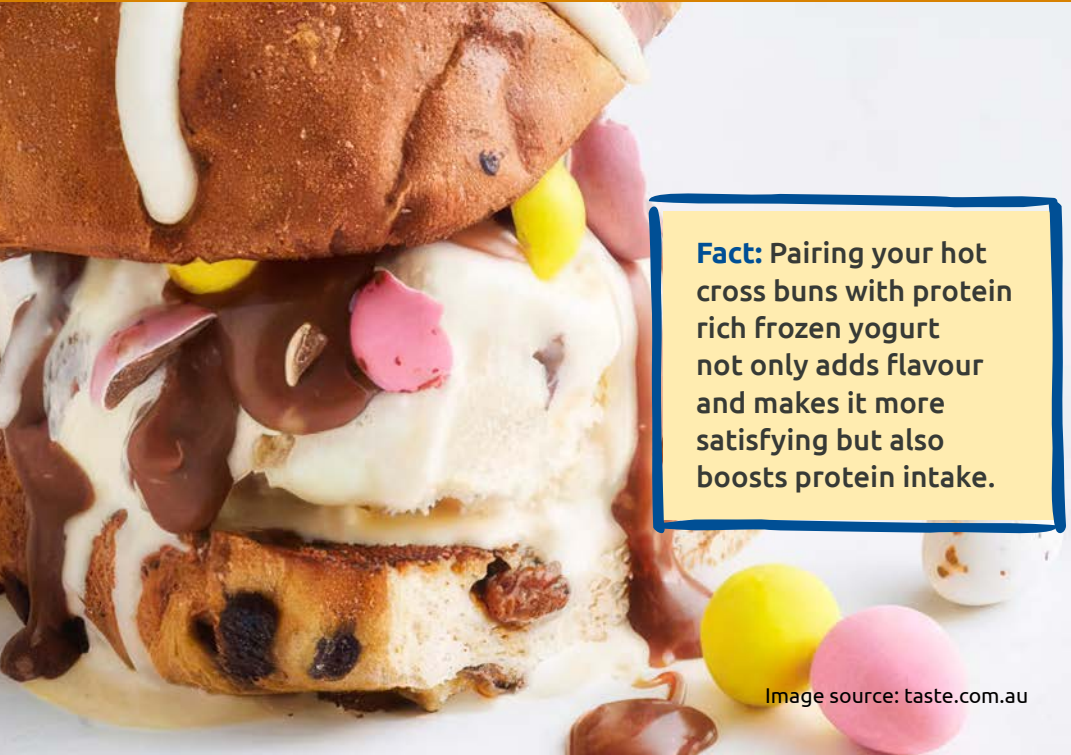
1. Preheat your oven to 180°C.
2. Line a flat tray with baking paper.
3. Cut the top off the cob and scoop out the bread from inside the loaf, leaving a 2cm edge. Tear and break into pieces and set aside.
4. Cook the bacon pieces over a low heat in a fry pan for approximately 5 minutes. Then stir in garlic powder and take off the heat.
5. In a bowl, mix together the ricotta cheese, sour cream, spinach, corn kernels, spring onion and bacon.
6. Scoop your mixture into the empty cob placed on the lined flat tray. Arrange the extra bread pieces and the lid also on the tray around the cob then place in the oven to cook for 20 minutes or until crispy.

Contains dairy and wheat.

Fact: Adding a dairy source (such as ricotta cheese and sour cream) makes it richer in protein and calcium which can help build stronger bones and muscles. Low fat options are also available which can still give you the protein and calcium without the extra energy if you don't need or want it.

Fact: Corn and spinach not only add colour and natural sweetness but also form a nutrient dense combination that delivers fibre for digestion, iron, antioxidants for eye health and carbohydrates for energy.

Hot Cross Bun Frozen Yogurt Sandwiches



Fact: Pairing your hot cross buns with protein rich frozen yogurt not only adds flavour and makes it more satisfying but also boosts protein intake.

Image source: taste.com.au

Ingredients:

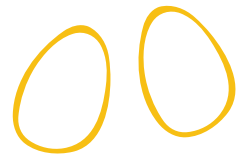
(Serves 4-5 people)

- Hot Cross buns
- 2 cups Greek yogurt
- ¼ cup honey
- 1 tablespoon pure vanilla extract



+ Optional add ins

- Choice of nuts or seeds
- Fresh fruits such as mango or strawberry
- Chocolate chips or crushed leftover easter eggs
- Peanut butter



Method:

1. Add the yogurt, honey and vanilla to a mixing bowl and beat for 2–3 minutes until the mixture is smooth and airy. Alternatively, blend everything together in a food processor until well combined.
2. Add any optional ingredients you like to the yoghurt mixture and gently fold them through, being careful not to overmix.
3. Use a spatula to spoon the mixture into a medium 9-inch square glass or ceramic baking dish. Cover tightly with cling wrap and freeze for 45 minutes.
4. Take the dish out of the freezer and with a rubber spatula, fold the frozen edges into the softer centre, then smooth it out evenly again. Cover and return to the freezer for another 2 hours, stirring every 30 minutes. This step helps create a creamier, softer texture.
5. Once fully frozen, slice the mixture into 4–5 squares and tuck a piece inside a hot cross bun to make an ice-cream sandwich.
6. Optional: drizzle peanut butter over the frozen yogurt before serving.

Contains wheat, dairy and may contain nuts.



Fact: The more optional ingredients in your frozen yogurt the more protein and fibre you will get! This helps with gaining extra energy and can keep you feeling full for longer.



Garden Lasagna

Image source: woolworths.com.au

Ingredients:

(Serves 10)

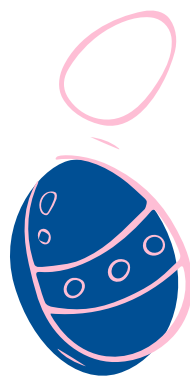
- 1 large beetroot bulb, scrubbed, thinly sliced
- 1 butternut pumpkin, thinly sliced
- 1/3 cup extra virgin olive oil
- 1 large gold sweet potato, scrubbed, thinly sliced
- 8 large portobello mushrooms, sliced
- 1 ½ cups firm ricotta cheese
- 2 cups frozen chopped spinach, thawed, squeezed
- 1 cup sour cream
- 3 cups shredded mozzarella
- 1 free range egg, lightly beaten
- 2 cloves garlic, crushed
- 1/3 punnet thyme, leaves picked
- 1 tablespoon extra virgin olive oil
- 1x 420g can diced tomato
- 4 fresh lasagne sheets
- 2 cups baby rocket leaves

Method:

1. Preheat the oven to 200°C (180°C fan-forced).
2. Line baking trays with baking paper.
3. Spread the sliced beetroot, pumpkin, sweet potato and mushrooms on the trays. Drizzle with oil, season with salt and pepper and bake for about 20 minutes, or until almost tender.
4. In a large bowl, mix together the ricotta, spinach, sour cream, 1 cup of mozzarella, egg, garlic and thyme. Season with salt and pepper.
5. Lightly grease a 20 x 30 cm ovenproof dish. Spread the diced tomatoes over the base and top with one lasagne sheet. Add half the ricotta mixture and spread evenly. Layer with pumpkin and some mozzarella. Add the remaining ricotta mixture, then sweet potato and more mozzarella. Place another lasagne sheet on top, then add mushrooms, beetroot and more mozzarella. Finish with a final lasagne sheet, the remaining tomatoes and the rest of the mozzarella.
6. Cover and bake for 30 minutes. Remove the cover and bake for another 30 minutes, or until golden on top. Let it rest for 15 minutes before slicing. Serve with rocket.

Contains wheat, dairy and eggs.

Fact: Using a variety of vegetables not only adds vibrant colour to your dish but also provides a range of nutrients, as different colours support different aspects of health, like eye health, immunity and digestion. See the next recipe for more...





Cottage Cheese Pizza

Image source: terianncarty.com

Ingredients:

(Serves 2)

- 1 cup cottage cheese
- 2 eggs
- ½ cup plain flour
- Tomato paste
- Tomato
- Carrot
- Pineapple
- Mushrooms
- Capsicum
- Onion
- Corn

Toppings:

- Mozzarella cheese
- Pesto

Method:

1. Preheat the oven 180°C.
2. Line baking trays with baking paper.
3. In a large bowl, add your pizza dough ingredients and mix together well.
4. Spread your dough on the lined tray using a flat spatula and place in the oven to cook for 20-25 minutes or until golden.
Note: the dough is a little different to what you would expect and is not stretchy but rather runny.
5. Take your pizza out of the oven and add your toppings before placing it back in the oven to cook for another 10 minutes or so.

Contains dairy, wheat, egg and may contain nuts.

How many vegetables can you choose to add?

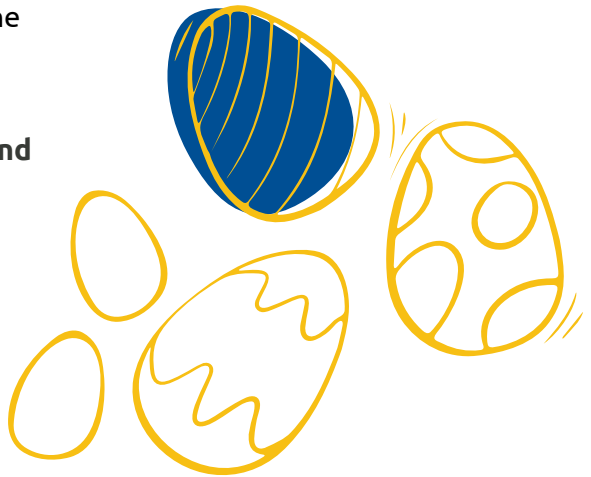
Fact: The more colourful the variety you include, the greater the range of nutrients and health benefits you get!

Red – helps to keep a healthy heart

Orange/Yellow – helps your eyes and immunity

Green – helps your bones and digestion

Purple/Blue – helps support your brain





Hot Chocolate

Ingredients:

(Serves 1)


- 1 tablespoon cacao powder
- ¼ teaspoon cinnamon
- Milk
- 4 small pitted dates (2 if using larger Medjool dates)
- 1 tablespoon of any nut butter



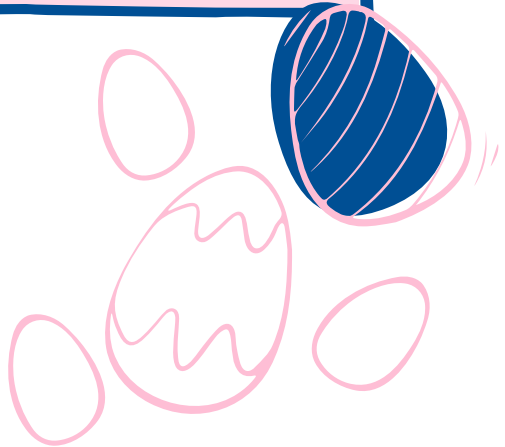
Method:

1. Blend all ingredients together in a high speed blender until frothy and really smooth (about 1 minute).
2. Pour into a small saucepan and heat (stirring regularly) until warm and enjoy right away.

Contains dairy.



Fact: Adding dates to your hot chocolate naturally sweetens it while also boosting its fibre content.



Carrot Cake Pancakes



Image source: ambitiouskitchen.com

Ingredients:

(Serves 3)

- 1 banana, mashed
- 2 eggs
- $\frac{1}{3}$ cup milk
- 1 teaspoon vanilla extract
- 1 tablespoon pure maple syrup
- 1 $\frac{1}{2}$ cups rolled oats
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon salt

Mix-ins:

- 1 cup grated carrots
- $\frac{1}{4}$ cup chopped walnuts
- 3 tablespoons raisins

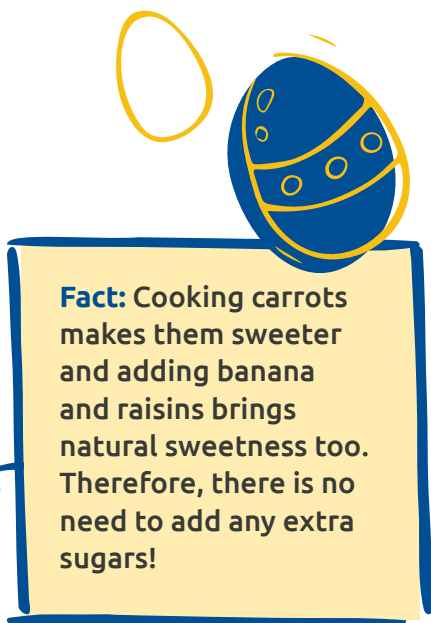
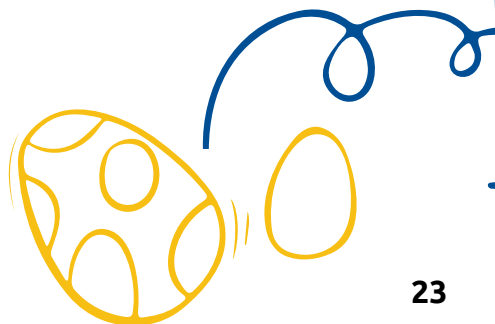
Method:

1. Place all the ingredients (except the carrots, walnuts and raisins) in a blender and blend on high until smooth. Stir in the grated carrots, chopped walnuts and raisins.
2. Lightly grease a frying pan with olive oil and place over medium heat. Pour about 1/3 cup of batter into the pan for each pancake, spreading it into a circle. Cook for 2–4 minutes, until slightly puffed and bubbles form around the edges.
3. Flip and cook for another 1–2 minutes, until golden brown underneath.
4. Wipe the pan clean and repeat with a little more oil and the remaining batter.
5. Top your pancakes with as many of the servings suggestions as you like.

Contains eggs, dairy, nuts and may contain wheat.

Serving Suggestions:

- Yoghurt
- Chopped walnuts or other preferred nuts/seed
- Coconut
- Chia seeds
- Extra grated carrot



Fact: Cooking carrots makes them sweeter and adding banana and raisins brings natural sweetness too. Therefore, there is no need to add any extra sugars!



Egg Caesar Salad

Image source: coles.com.au

Ingredients:

(Serves 4)

- 4 eggs
- 4 thick slices sourdough, coarsely torn
- 1 tablespoon olive oil
- Choice of pancetta, bacon, ham, shredded chicken, roasted chickpeas
- 1 cos lettuce, coarsely torn
- 1/4 cup shaved Parmesan cheese
- Finely chopped chives, to sprinkle

Caesar salad dressing:

- 1/2 cup mayonnaise
- 1 medium garlic clove, minced
- 2 teaspoons lemon juice, to taste
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Worcestershire sauce
- 1/8 teaspoon salt
- 1/3 cup finely grated Parmesan cheese
- 1 tablespoon water
- Freshly ground black pepper to taste

Method:


1. Preheat the oven to 200°C.
2. Bring a small saucepan of water to the boil. Reduce to medium-high heat, carefully add the eggs and gently stir for 30 seconds. Cook for about 6 minutes for soft-boiled eggs, or longer if you want less runny eggs. Drain the water from the pan and run the eggs under cold water to cool before peeling and halving them.
3. Line baking trays with baking paper.
4. Spread the bread on a baking tray, drizzle with oil and toss to coat. Bake for 8–10 minutes, turning occasionally, until golden and crisp.
5. Prepare your chosen protein by cooking pancetta, bacon, or ham in a large frying pan over medium heat for 2–3 minutes, shredding roasted chicken, or roasting chickpeas for added crunch.
6. In a separate bowl, mix together Caesar salad dressing ingredients (except parmesan cheese and water) until well combined. Once mixed well, stir through the Parmesan cheese and water.
7. In a large bowl, combine the lettuce, pancetta, parmesan and half the toasted bread. Add some dressing and toss gently. Transfer to a serving platter, top with the eggs and remaining bread, drizzle with the rest of the dressing and finish with a sprinkle of chives.

Contains egg, wheat, dairy.



Fact: Eggs are full of protein, healthy fats, vitamins and minerals. They support brain and eye health, help build muscles, keep you feeling full and can be cooked in lots of different ways. They are often referred as a powerhouse food!

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