

## OYM EASTER TREATS HEALTHY STYLE

### Cocoa, Hazelnut & Peanut Butter Balls

#### Ingredients

- 1 cup dates
- 1/2 cup ground almonds
- 3 tbsp rolled oats
- 1 tbsp chia seeds
- 3 tbsp peanut butter
- 1.5 tbsp cacao powder
- 1/4 cup chopped hazelnuts & pinch sea salt

#### Method

1. Blitz ingredients in a food processor to combine, shape into balls and roll into the chopped hazelnuts.
  2. Pop them in the fridge to set and that's it!
- \*freezes well too if you want to save some of your batch for another time OR eat them straight from the freezer for a more chewy texture!

### Chocolate Hazelnut Freezer Fudge

#### Ingredients

- 1 cup coconut oil [@vitacocoeu](#)
  - 3/4 cup cacao powder [@naturya](#)
  - 3/4 cup maple syrup
  - 6 tbsp hazelnut butter [@planetorganic](#)
  - 1/2 cup coconut cream [@bionaorganic](#)
  - Pinch of himalayan salt [@cornishsea\\_salt](#)
- Optional: toasted chopped hazelnuts for decorating

#### Method

1. Melt the coconut oil by placing it in a bowl over a saucepan half full of water on a medium heat on the hob until it melts (if you stir while melting it it will be quicker)
2. Pour the oil into a bowl and add in the other ingredients. Stir well until you have a thick chocolatey mixture (try not to eat it all already!)
3. Pour this into a baking tray or mould (I used an 8" loaf mould lined with baking paper for quite thick slices but you can use a bigger tray if you want thinner ones.
4. Sprinkle with chopped hazelnuts if you like, then pop the fudge in the freezer for about four hours to set.
5. Cut into squares and enjoy!

## **Peanut Butter Muddy Puddle Cookies – 10**

### **Ingredients**

For the cookies

1 cup oats

1 cup peanut flour (or finely ground almonds)

Pinch of Himalayan salt

1/2 cup peanut butter

1/2 cup maple syrup

For the chocolate puddles

2 tbsp coconut oil

3 tbsp cacao powder

3 tbsp maple syrup

3 tbsp peanut butter

Pinch of Himalayan salt

### **Method**

1. Pop the oats in a food processor for about a minute until they are ground into a flour, then put this in a bowl with the peanut flour and salt and stir well.
2. Add in the maple and peanut butter and mix with your hands until it forms a dough. Shape it into 10 balls and then make them into patties and make a little crater in the middle.
3. Bake at 180C for 10 minutes and then leave to cool.
4. For the filling, melt the coconut oil and pop it in a bowl with the other ingredients and stir well.
5. Use a teaspoon to dollop the mixture into the middle of each cookie and voila!

## **Dark Choc + Sea Salt Dipped Berries & Nuts**

### **Ingredients**

Dark, high quality choc

Sea salt

Berries

### **Method**

1. Wash your berries & pat dry
2. Melt broken up chocolate chunks over a bowl of water in a pan on a low heat, keep stirring until completely melted (be v careful not to boil it will burn the choc and alter the taste)
3. Take off the heat & dip the berries into the melted choc and then place onto grease proof paper (they will stick to the plate otherwise and you'll waste lots of choc trying to get them off - talking from experience!)
4. Pour the raw nuts in (such as chopped walnuts, almonds & pecans) and then place onto the paper
5. Sprinkle with chia seeds + a pinch of sea salt flakes. Pop in the fridge to set and ENJOY!

## **GOLDEN OATY CRANBERRY & PECAN COOKIES - 6**

### **Ingredients**

1/2 cup dried chopped cranberries  
2 cups oats  
1/2 cup chopped pecans  
1 cup peanut butter  
1/2 tsp vanilla extract  
1 tsp ground cinnamon  
1 cup honey or maple syrup  
1 egg

### **Method**

1. Mix peanut butter, vanilla extract, cinnamon and honey in a bowl before adding oats & egg
2. Mix together and then add the chopped cranberries and pecans & baking powder
3. Scoop out and create little cookie mounds and flatten (the flatter they are the crunchier they will be so depends how you like your cookies!) on parchment paper in a pre-heated oven (170°) bake for approx 15-20 or until they're lovely and golden! Leave to cool and harden before eating x