



DIY EASTER TREATS

3 Vegan Goodies!

Use one simple vegan chocolate "shell" for all 3 recipes! Simply mix 2 parts melted coconut oil with 1 part cocoa powder, and then sweeten to taste!



CHOCOLATE COVERED STRAWBERRIES

chocolate shell
strawberries
sprinkles/toppings

- Dip your strawberries into your liquid chocolate shell and add sprinkles as desired! The colder your strawberries, the more quickly the shell will harden.

NUTRITION (strawberry, no sprinkles)
30 cal | 5g carbs | 5g fat | 0g protein



REESE'S EGGS

chocolate shell
¾ cup creamy peanut butter
½ cup peanut flour/PB2
1-2 Tbsp sweetener
1 Tbsp coconut flour

- Combine all ingredients except for chocolate shell in a bowl (it can help to warm the peanut butter) until well mixed.
- Fill your egg mold with a layer of chocolate shell, using a small spoon or utensil to coat. Freeze for a few minutes.
- Add a small bit of peanut butter filling mixture to the center. Top with additional chocolate shell.
 - Freeze overnight before removing from molds.

NUTRITION (per egg)
44 cal | 2g carbs | 4g fat | 1g protein



TRUFFLE POPS

chocolate shell
2 cups nuts (I used almonds/pecans)
1 cup dates, soft/soaked
¼ cup cocoa powder
⅛ tsp salt
2 tsp coconut oil

- Combine all ingredients except for the chocolate shell in your food processor/blender.
- Scoop out a ball of mixture with a small cookie scoop and roll into a ball.
- Place each ball on a cake pop stick and transfer to the freezer/fridge for a few minutes.
- Dip in chocolate shell and add sprinkles/toppings.

NUTRITION (per pop)
73 cal | 4g carbs | 7g fat | 2g protein

