

## Chocolate Easter eggs

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## Chocolate Easter eggs

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The chocolates in the supermarket aisles are very tempting but these little treats are a much better option for every sweet tooth.

### Ingredients (makes 16-24)

#### Chocolate

- $\frac{3}{4}$  cup coconut oil, melted and cooled but runny
- $\frac{1}{3}$  cup raw cacao powder
- $\frac{1}{4}$  cup maple syrup

#### Caramel

- $\frac{1}{2}$  cup pitted dates, chopped
- $\frac{1}{4}$  cup coconut cream

### Method

To make the chocolate, put the coconut oil, cacao and maple syrup together in a bowl and mix until well combined and smooth. Spoon 1-2 teaspoons of the mixture into each hole of a 16-hole Easter

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egg mould, then use the back of the spoon to spread it evenly over the base and side of each hole. Set the remaining chocolate aside, then put the mould in the fridge for 15 minutes, or until the eggs are firm.

Meanwhile, to make the caramel, put the dates and coconut cream together in a blender and blend until very smooth.

Once the chocolate has set in the mould, fill each egg with the caramel mixture and spoon the remaining chocolate mixture over the top of the caramel filling as a seal. Put the filled eggs in the fridge for 1 hour, or until firm. Carefully pop out the Easter eggs and serve chilled.

Recipe extracted from [Luke Hines](#) and [Scott Gooding](#)'s book [Clean Living - Eat Clean All](#)

[Year Round](#).

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