

## Raw caramel and cream Easter nests

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You won't be missing out on chocolatey goodness this Easter because these raw caramel and cream nests make the perfect treat.

With a delicious casing made with magnesium rich raw cacao, coconut and dates, then filled with a decadent raw caramel and a touch of coconut cream, these Easter Nests make the perfect Crème Egg substitute.

Thanks to our friends at [Little Bird Organics & The Unbakery](#), this recipe along with other Easter treats will be available on [The Unbakery App](#) the week before Easter from April 7 2017, just in time to plan your Easter un-baking.

### Ingredients

#### Cacao Case

- ¾ cup dried coconut
- ½ cup dried shredded coconut (the shredded coconut adds a nice texture to it but you can use more dried coconut if you don't have any)
- ⅓ cup cacao powder
- ⅓ packed cup pitted dates
- 3 tbsp melted cold-pressed coconut oil

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- 1 tbsp melted cacao butter
- ½ tsp vanilla extract
- Pinch sea salt

### Caramel Filling

- ¼ cup cashews (soaked 2–4 hours)
- ½ cup pitted medjool dates
- ¼ cup sweetener (light raw agave, organic maple syrup or brown rice syrup)
- ½ tsp vanilla extract
- ¼ cup melted cold pressed coconut oil
- pinch sea salt

### Coconut Cream – an optional extra for that crème egg effect

- 4 tbsp softened coconut butter
- 3 tbsp light sweetener (coconut nectar or light raw agave)
- To Finish
- ¾ cup dried shredded coconut
- 12 mini raw Easter eggs (2 per nest)

If you can't find any raw Easter eggs to buy you could make your own raw chocolate Easter eggs from scratch if you're experienced at making raw chocolate. If you're wanting a shortcut, just melt down a raw chocolate bar and pour the melted chocolate into a mini Easter egg mould and set in the freezer.

### Method

To prepare the cacao case: Place the dates in a food processor for 30 seconds until they are chopped up but not quite forming a paste now add the vanilla, coconut oil and cacao butter and blend for another 20 seconds until well combined (almost forming a paste). Lastly add in the dry ingredients and pulse lightly together.

Line a regular muffin tin with plastic wrap and divide the mixture between 6 of the muffin cups, press evenly into the bottom and up the sides of the muffin tin, the mixture will not hold together really well but will come together once you cool them in the refrigerator.

To prepare the caramel filling: Place all the ingredients except the coconut oil and cacao butter in a blender and blend until completely smooth. With the blender running slowly pour in the coconut oil and cacao butter until combined.

Spoon into your muffin cups and set in the fridge or freezer for 1–2 hours until set.

To prepare the coconut cream: In a small bowl mix the coconut butter with the sweetener and place one tablespoon in the centre on top of the caramel filling.

To finish: Before serving, top with a heaping tablespoon of shredded coconut and a couple of raw mini Easter eggs.

These delightful little nests need to be stored and served from the refrigerator as the coconut oil will become soft quickly on a hot day.

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