



EASTER Recipes



A Nourishing Easter...

Just because you're on a healing journey doesn't mean you have to miss out on the joy (and chocolate!) of Easter. Whether you're staying strict with GAPS or simply looking for nourishing alternatives, this little recipe collection has you covered. Inside, you'll find indulgent chocolatey treats, naturally sweet delights, and a show-stopping lamb recipe that's perfect for sharing with friends and family around the table.

Every recipe is gut-friendly and made with love. We hope these dishes bring a sense of celebration to your Easter weekend. And when you create something delicious, don't forget to snap a pic and tag us on social media – we'd love to see your nourishing creations!

Wishing you a beautiful and nourishing Easter,
With love,
Elyse & the Well Belly Team



GAPS-Friendly Easter Chocolate Coconut Nests

Ingredients

For the Chocolate Base:

- 1 cup cacao butter (or coconut oil for a softer texture)
- ½ cup cacao powder (or carob powder for early GAPS stages)
- 4 tbsp honey (or to taste)
- 2 tsp vanilla extract
- Pinch of sea salt

For the Nest Topping:

- 2 cup shredded coconut (unsweetened)
- 4 tbsp nut butter (almond, cashew, or sunflower for nut-free)
- 2 tbsp honey
- ½ tsp cinnamon

For the Eggs (Optional Fun Addition!):

- Small blanched almonds or hazelnuts (to resemble mini eggs)
- Dried blueberries or freeze-dried raspberries (for colourful eggs)
- Small chicken decorations



GAPS-Friendly Easter Chocolate Coconut Nests

Instructions

Make the Chocolate Base

- In a heatproof bowl, melt the cacao butter (or coconut oil) over low heat in a double boiler.
- Once melted, whisk in the cacao powder, honey, vanilla, and salt until smooth.
- Pour the mixture into silicone muffin cups or a lined muffin tin to form small "nest" bases.

Create the Coconut Nest

- In a bowl, mix the shredded coconut, nut butter, honey, and cinnamon until sticky.
- Take small handfuls of the mixture and shape them into nests, pressing them gently into the chocolate base.
- Place the nests in the fridge or freezer for 15-20 minutes until set.

Add the Eggs & Enjoy!

- Once firm, top each nest with blanched almonds, dried berries, or nuts to resemble little eggs.
- Store in the fridge and enjoy!

Cinnamon Donut Cupcakes

These cupcakes are an absolute winner! I first made these for my son's birthday party, and they passed the ultimate test of 9 year old taste buds- all the kids loved them! The cinnamon icing reminds me of cinnamon donuts, which just adds to the deliciousness! This recipe can easily be adapted to make chocolate muffins by adding cacao to the cupcake and icing, or you could colour the icing as well!

Ingredients:

- 2 cups almond flour
- 6 eggs
- 1/3 cup butter, chilled
- 1/3 cup honey
- 1/2 tsp bi carb
- 1 tsp vanilla

Icing:

- 400ml coconut cream
- 1/4 cup honey
- 2 tsp cinnamon



Cinnamon Donut Cupcakes

Method:

- Preheat oven to 180 degrees, line cupcake pan with paper cups
- Place all cupcake ingredients inside a thermomix or food processor, blend ingredients well on a medium to high setting (thermomix 30 seconds/speed 7)
- Pour batter into cupcake pan, place in oven
- Bake for 25-30 minutes or until starting to turn golden on top and cooked through, rotating the pan at 15 minutes
- Remove from tray and allow to cool completely before icing

Icing:

- Add coconut cream and honey to a pot and bring to simmer over a medium heat
- Stir often for 20-30 minutes, allowing it to bubble
- Keep reducing until it reaches desired thickness - I like to really reduce mine so the icing is nice and thick
- Stir through cinnamon
- Allow to completely cool in the fridge before icing the muffins
- (once cooled if you are not happy with the thickness, you can pop it back on the stove to reduce some more)



Chewy Choc Mallow Bites

Soft, bouncy marshmallow centres dipped in dreamy homemade chocolate – totally refined sugar-free and gut-friendly.

Marshmallow Layer

Ingredients:

1 cup water
8 tablespoons grass-fed gelatine
4 tablespoons raw honey

Instructions (Stovetop):

Add all marshmallow ingredients to a small saucepan. Gently heat to around 40–50°C (just warm enough for everything to combine and for the gelatin to fully dissolve). Transfer to a high-powered blender and blend on high for 6 minutes, until thick, white and fluffy.

Thermomix Method:

Add all marshmallow ingredients to the bowl. Blend for 5 minutes / Speed 6 / 40 degrees (until thick and fluffy). Pour the fluffy mixture into silicone moulds or a baking paper-lined tray. Freeze for 30 minutes (the colder they are, the better the chocolate will set!)



Chewy Choc Mallow Bites

Chocolate Coating

Ingredients:

1/4 cup cacao butter
1 tablespoon raw honey
3 tablespoons Dutch cocoa powder

Instructions:

Gently melt the cacao butter in a saucepan over low heat until liquid.
Remove from heat and whisk in the honey and cocoa powder until smooth.

To Assemble:

If using silicone moulds:

Once marshmallows are set, insert a toothpick into each piece and dip into the chocolate.

Remove toothpick carefully and place on a baking paper-lined tray and refrigerate to set.

If using a tray:

Slice marshmallow slab into squares.
Spoon or pour the chocolate over the top.
Store in the fridge until the chocolate is firm.

Storage:

Keep in the fridge in a sealed container. Can also be stored in the freezer for a chewy frozen treat!



Elyse's Chocolate Fat Bombs

You know when you get that feeling that nothing but chocolate will do. Well this is the recipe you need to have on hand as it is chock a block full of healthy, nutrient dense ingredients that will nourish your body rather than deplete it. Using raw cacao in this recipe is a great way to get a hit of magnesium and anti-oxidants that will leave you feeling brighter almost immediately. And if you don't have any almond butter on hand, you can use cashew butter, macadamia butter or just double the tahini.

Ingredients

- 1/2 cup tahini
- 1/2 cup almond butter
- 1 cup butter
- 1 tbsp raw honey
- 3-4 tbsp of raw cacao

Method

- Melt butter in a small saucepan over low heat.
- Once melted, add tahini and almond butter and mix for a minute or two over low heat to make a smooth mix.
- Take off the heat and add in the honey and cacao, and mix well.
- NB: Be sure to remove from the heat before adding the honey as the heat will alter the nutrient profile of the honey and we want these babies to be as nutrient dense as possible!
- Set in small bite size moulds in the fridge or freezer for an hour, and just pop them out when you're ready to enjoy!

Slow cooked Lamb Shoulder

Ingredients

2 kgs pasture fed lamb shoulder
1 bulb garlic, halved crossways + a few extra cloves finely sliced
1 handful of rosemary sprigs
1 handful of thyme sprigs
2 tbsp fat (ghee, lard, tallow, coconut oil, duck fat)
Himalayan salt

Method

1. Preheat the oven to 180 degrees C.
2. Using a sharp knife, make small incisions (2 cm) over the lamb and insert the sliced garlic, rosemary and thyme.
3. Spread fat over the lamb and season with salt and put into a large roasting pan.
4. Add the garlic bulbs and any vegetables you might want to cook with the lamb.
5. Cover the pan with two layers of foil and place in the oven. Reduce the temperature to 155 degrees C and cook for 4 hours.
6. Gently break up the meat and pull out the bone.

Serve it with a heap of roast veggies or a bed of cauliflower mash and some lovely greens.



well
B E L L Y

HAPPY
EASTER