

Heaththy Choc Crackle Eggs

Rating: ★★★★★

Dietary: VEG, DF, EF, GF, NF

Allergens: /

Age group: 12 months+

Mealtime: Easter menu

Difficulty level: Beginner



Serves: 30
Prep: 15 mins
(+ 40 mins in freezer)
Cook: 5 mins

HEALTHY CHOC CRACKLE EGGS



Vegetarian



Dairy Free



Egg Free



Gluten Free



Nut Free

Method

1. Heat the coconut oil and honey together in a small saucepan until just melted.
2. Combine the rice puffs, coconut, cacao powder and pumpkin seeds together in a large bowl. Add the melted mix and stir well to combine.
3. Line a baking tray with baking paper and press mixture into the tray. Freeze for 30 mins.
4. Meanwhile, melt the chocolate in a heatproof bowl over a pan of gently simmering water. Stir until smooth, cool slightly.
5. Take baking tray out of the freezer and pour melted chocolate on top. Spread out evenly, using a spatula, then place back into the freezer until chocolate has just set, approx. 10 mins.
6. Using an egg-shaped cookie cutter, cut out choc crackle eggs. Alternatively, cut into squares. Serve immediately.

Storing leftovers:

Store in an airtight container in the fridge for up to 2 weeks.

Ingredients

- 2/3 cups (170g) coconut oil
- 1/3 cup (120g) raw honey
- 3 cups (75g) brown rice puffs
- 1/2 cup (45g) desiccated coconut
- 1/4 cup (25g) raw cacao
- 1/2 cup (60g) pumpkin seeds, chopped
- 150g 70% dark chocolate, chopped

Tips

✓ Easy ingredient swaps:

- Swap honey for maple syrup.
- Swap brown rice puffs for quinoa puffs or puffed grain of choice.
- Swap pumpkin seeds for seeds of choice.

✓ Optional boosters:

- Add 1-2 tbsp of chia seeds to crackle mix.
- Add 1-2 tbsp of seed butter or tahini.