



# Easter Egg Workshop Manual

SUGAR FREE

By Christianne Wolff

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**CHOCOLATE EASTER EGG   CAMEL   CREAM EGG   WHITE CHOCOLATE**

**AND MORE...**

**bodyrescue**

# CHOCOLATE WORKSHOP SHOPPING LIST

In this 2 hr Body Rescue Chocolate Easter Egg Workshop we will be making 5 recipes and the shopping list is below for all 5.

If you want to just make a couple and make the rest later that's fine also- you will have access to the workshop on replay.

It's fun to buy silicone Easter chocolate moulds which you can get on Amazon, but you can also just use Tupperware tubs, cupcake holders or even just baking paper ( obviously you will not get the easter egg shape with these)

All the ingredients below you will find in your supermarket, on amazon or your health food shop.

## Oils

300g cacao butter  
300g coconut oil  
Orange oil (sugar-free)

## Nuts

60g ground peanuts ( or ground them)  
Peanut butter  
White almond nut butter  
Cashew nut butter  
Almond nut butter

## Fruit

8 dates  
4 oranges

## Natural Sweeteners

400g coconut palm sugar  
400g maple syrup or date syrup

## Dairy

Fromage frais

## Other

Vanilla essence or powder ( sugar free )  
260g raw cacao powder  
Cloves

# CHOCOLATE EASTER EGG WITH MINI EGGS



## Ingredients

### Chocolate

- 6 tbsp coconut oil
- 2 tbsp of melted cacao butter
- 4 tbsp of raw cacao powder
- 4 tbsp of maple syrup or date syrup

## Method

1. Melt all the ingredients in a pan on a very low heat.
2. Poor mixture into an Easter Egg silicone mould, over fill then turn upside down and allow the excess to drip in a bowl.
3. Place the mould in the freezer on a flat surface for at least 20 minutes.
4. If you want a thicker Easter egg, repeat this process once the chocolate is hard.
5. Meanwhile use a smaller mould for the baby eggs and fill completely with the chocolate mixture and freeze.
6. With the other half place the flat edge against a hot surface so it melts a little then combine eggs together and store in the fridge.;
7. If you want to make your eggs look prettier you can create sprinkles and circular shapes with the remaining melted chocolate.



# WHITE CHOCOLATE WITH GANACHE CENTRE



## Ingredients

### White Chocolate

- 2 tbsp of coconut oil
- 2 tbsp of white almond nut butter
- 2 tbsp mayple syrup
- 1 tsp vanilla essence
- 2 tbsp cashew nut butter

### Ganache Centre

- 1 cup fromage frais
- 3 tbsp mayple syrup
- 1 tsp vanilla essence

## Method

1. For the white chocolate, place all ingredients in a pan on a low heat and stir.
2. Poor mixture into an Easter Egg silicone mould, over fill then turn upside down and allow the excess to drip in a bowl.
3. Place the mould in the freezer on a flat surface for at least 20 minutes.
4. For the ganache centre mix ingredients together and place in the centre of the Easter egg. Top with berries.
5. Store in the fridge for 2 days.



# CHOCOLATE ORANGE

## Ingredients

### Candied Oranges

- 4 oranges
- 2 cups water
- 2 cups coconut sugar plus
- 1 small handful whole cloves

### Chocolate

- 3 tbsp coconut oil
- 1 tbsp of melted cacao butter
- 2 tbsp of raw cacao powder
- 2 tbsp of maple syrup or date syrup

## Method

1. In a pan, bring water and 2 cups sugar to a simmer. Add cloves and stir to dissolve sugar.
2. Poor mixture in a bowl.
3. Slice oranges into half circles.
4. Add orange slices to cooled sugar water, making sure they are all submerged.
5. Store in fridge over night.
6. Place orange slices on baking paper on a rack in the oven.
7. Heat the oven to 180 degrees and cook for about 3 hours. Check the orange slices and turn them so they dry evenly.
8. Once they are dried out, melt the chocolate ingredients in a pan and then dip the oranges in the chocolate and transfer to the fridge so the chocolate hardens.
9. You could place all the segments around again so it forms an egg shape or you could place these in another egg for a lovely surprise.



# CARAMEL CHOCOLATE EASTER EGGS

## Ingredients

### Chocolate

- 6 tbsp coconut oil
- 2 tbsp of melted cacao butter
- 4 tbsp of raw cacao powder
- 4 tbsp of maple syrup or date syrup

### Caramel

- 8 dates
- 2 tbsp date syrup
- 1 tbsp almond butter
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- Pinch of salt

## Method

1. Melt all the chocolate ingredients in a pan on a very low heat.
2. Poor mixture into an Easter Egg silicone mould- I would use a smaller mould for this one as its very rich, over fill then turn upside down and allow the excess to drip in a bowl.
3. Place the mould in the freezer on a flat surface for at least 20 minutes.
4. If you want a thicker Easter egg, repeat this process once the chocolate is hard.
5. Blend the caramel mixture together into a smooth texture.
6. Poor the mixture into the centre of the easter egg half.
7. With the other half place the flat edge against a hot surface so it melts a little then combine eggs together and store in the fridge.



# CREAMY PEANUT EGGS



## Ingredients

### Chocolate layers

1/2 cup of melted cacao butter  
1/2 cup melted coconut oil  
1/3 cup of cacao powder  
1/4 cup of date syrup  
1/2 tsp Vanilla extract

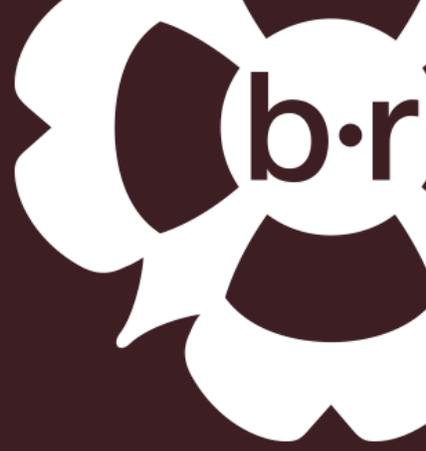
### Peanut butter layer

3 1/2 tbsp smooth peanut butter  
2 tsp melted coconut oil  
4 tsp maple syrup  
1 1/2 tsp ground peanuts  
1/8 tsp vanilla extract

## Method

1. Melt all the chocolate ingredients in a pan on a very low heat.
2. Poor mixture into an Easter Egg silicone mould- I would use a smaller mould for this one as its very rich, over fill then turn upside down and allow the excess to drip in a bowl.
3. Place the mould in the freezer on a flat surface for at least 20 minutes.
4. If you want a thicker Easter egg, repeat this process once the chocolate is hard.
5. Blend the peanut mixture together into a smooth texture.
6. Poor the mixture into the centre of the easter egg half.
7. With the other half, place the flat edge against a hot surface so it melts a little then combine eggs together and store in the fridge.





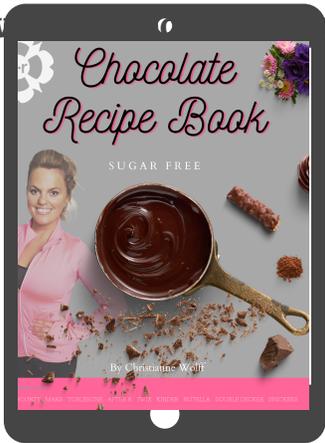
# ABOUT THE BODY RESCUE RECIPES

Free Your MIND Love Your BODY

Hiya, I'm Christianne Wolff, award-winning best selling author of The Body Rescue Plan series and welcome to my chocolate workshop, I am so excited to show you some really exciting chocolate recipes that have non processed sugars in- which means they actually have nutrients in them!

If would like to purchase 'The Body Rescue Chocolate Recipe Book' - that has plenty more of your favourite chocolate recipes in- then please click here...

[www.thebodyrescueplan.com/chocolatebook](http://www.thebodyrescueplan.com/chocolatebook)

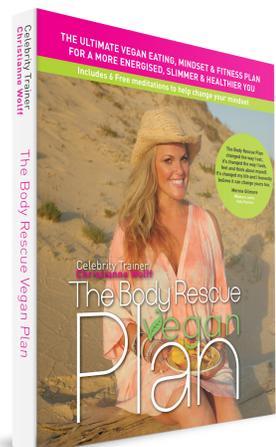
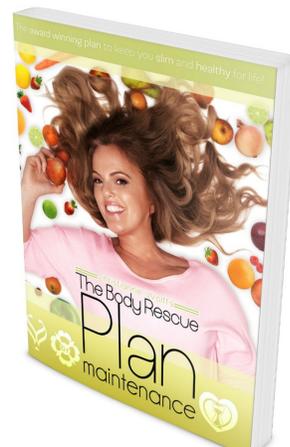
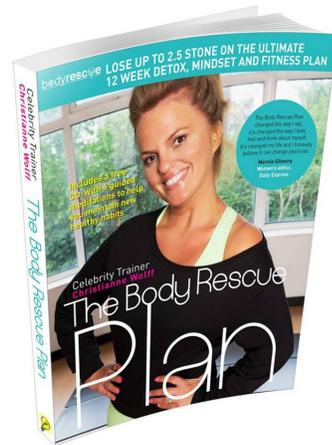


ENJOY!!!

Love Christianne xxx

For more recipes ideas or information on my courses, workshops and retreats go to...

[www.thebodyrescueplan.com](http://www.thebodyrescueplan.com)



[thebodyrescueplan.com/chocolatebook](http://thebodyrescueplan.com/chocolatebook)

