



Anti-Inflammatory Easter Recipes

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Mini Walnut Lemon Coconut Tarts

12 servings

50 minutes

Ingredients

- 1 cup Pitted Dates (divided)
- 1/2 cup Walnuts
- 1/8 tsp Sea Salt (divided)
- 1 Lemon (large, zest and juice divided)
- 3/4 cup Coconut Butter
- 1 tbsp Coconut Oil

Directions

- 1 Line a muffin pan with paper or silicone baking cups. Soak 1/4 of the dates in warm water.
- 2 Add the remaining 3/4 of the dates, the nuts, half of the salt and half of the lemon zest to a food processor and blend until the date mixture forms a sticky ball. Divide the dough between baking cups and press into an even layer in the bottom of each baking cup. (Use damp fingers if the dough is too sticky.)
- 3 Add the coconut butter, the soaked dates, lemon juice, coconut oil and the remaining salt and zest to the food processor and blend until smooth (the mixture will form a soft wet dough). Spoon the coconut lemon mixture on top of the date layer and use a spoon or damp fingers to spread the coconut lemon mixture into an even layer.
- 4 Transfer the muffin pan to the freezer and allow the tarts to set for 20 to 30 minutes before removing the paper and transferring to an airtight container in the fridge. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to a week.

Serving Size: One serving is equal to one tart.

Nut-Free: Use sunflower seeds or shredded coconut instead.

More Flavor: Add vanilla extract or lemon extract.

More Color: Add some dried turmeric for a yellow tart.

Lemon: One large lemon yields 1/4 cup of juice and two teaspoons of zest.



Frozen Yogurt Bites with Berries

4 servings

3 hours

Ingredients

- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Frozen Blueberries (chopped)
- 1/4 cup Frozen Strawberries (chopped)

Directions

- 1 Combine all ingredients in a bowl until well incorporated. Scoop into an ice cube tray or mini muffin pan.
- 2 Tap the tray on the counter to help remove any air pockets. Freeze for 2 to 3 hours or until frozen. Enjoy!

Notes

Leftovers: Transfer to a freezer-safe bag and store in the freezer for up to two months.

Serving Size: One serving is approximately three cubes.

No Coconut Yogurt: Use Greek yogurt, whole milk yogurt or plain sheep's milk yogurt instead.

Additional Toppings: Add granola, coconut chips or any chopped fruit.



Lemon Coconut Fat Bombs

8 servings

50 minutes

Ingredients

- 1/2 cup Coconut Oil
- 1/2 cup Coconut Butter
- 1 Lemon (juiced, zested)
- 1/2 tsp Vanilla Extract
- 1/8 tsp Stevia Powder

Directions

- 1 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 2 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 3 Add the coconut oil and coconut butter to the smaller pot and allow them to melt.
- 4 In a small bowl combine the lemon juice, vanilla and stevia powder and stir until the stevia has fully dissolved. Add the lemon juice mixture to the coconut butter mixture and stir well to combine. Stir in a touch of lemon zest to taste.
- 5 Divide the lemon coconut mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

Notes

Leftovers: Keep fat bombs in the freezer for up to one month. Fat bombs will melt at room temperature.

Serving Size: One serving is one fat bomb.

No Stevia Powder: Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated) to taste.

No Paper Baking Cups: Use a silicone mold instead.



Pina Colada Ice Cream

2 servings

5 minutes

Ingredients

- 1 Banana (sliced and frozen)
- 1 cup Pineapple (cut into chunks and frozen)
- 1/4 cup Canned Coconut Milk

Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

It's 5 O'Clock Somewhere: Add rum.