

DELICIOUS LOW-CARB TREATS FOR EASTER

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The evenings are lighter, nature is waking up from a long deep sleep and Easter is upon us – Spring is well and truly here!

Easter is a great time to get together and enjoy good food with good people, whether you celebrate for religious reasons or simply because you love the playfulness and sense of community it can bring. Easter is a good reason for indulgence, fun and laughter and in our Nellsar Homes you will see lots of participation over the Easter period and special treats being served from the kitchen.

Easter feast traditions

Easter Sunday is often celebrated with a traditional dinner. Although Easter dinner customs vary throughout the world, a traditional Easter dinner in England consists of either lamb or ham as the main dish.

The lamb roast dinner has its roots in Jewish tradition, when lamb was eaten during Passover. Over

time this has been adopted and woven into a traditional Easter dinner.

In the United States, ham is a popular choice because pork that was cured in the winter was ready for consumption in the Spring.

Easter breads and cakes with dinner are also popular. We are all partial to a hot cross bun and in some traditions Simnel cake is served – a fruit cake featuring 11 marzipan balls to represent Jesus' 11 faithful disciples.

Vegetarian and low carb Easter treats

At Nellsar we cater for all diets, so if our residents prefer a vegetarian option on Easter Sunday we would ask for their preference and provide it for them; for an Easter Sunday meal, a nut roast or a mushroom and walnut parcel can be a good meat-alternative option.

If you are diabetic then it is a good idea to focus on enjoying the more savoury, protein-based good foods over Easter. Or, if you *can* indulge in a little bit of dessert or a piece of chocolate egg, then do so moderately. Our nurses and senior care teams will be able to advise each person depending on their blood sugar range.

If you or your loved ones are feeling adventurous, then why not try some **ketogenic recipes** which can be a great option when making treat desserts or snacks for those with diabetes who are mindful of blood sugar spikes.

Low-carb raspberry trifle

Ingredients

- 1 ripe avocado
- ½ ripe banana
- ¾ cup coconut cream
- 1 tbsp lime juice and some of the zest
- 1 tbsp vanilla extract
- 3 oz. fresh raspberries
- 2 oz. pecans, preferably roasted

Instructions

Mix avocado, banana, coconut cream, lime and half of the vanilla in a small bowl using an immersion blender or just a fork.

Mix the berries with the remaining vanilla in a separate bowl.

Fill nice glasses or dessert bowls with alternating layers of the two mixtures.

Place a frying pan over medium high heat and add the nuts. Roast until golden brown. Stir frequently to avoid burning.

Top the dessert with roasted nuts and serve.

Tip! Add flavour to the coconut and avocado batter with some cinnamon, cardamom or perhaps

cocoa and coffee powder. Serve in a clear glass for a gorgeous presentation.

Low-carb parmesan crisps

Ingredients

- 2½ oz. parmesan cheese, grated
- 1¾ tbsp chia seeds
- 2 tbsp flaxseed
- 2½ tbsp pumpkin seeds

Instructions

Preheat the oven to 350°F (180°C).

Line a baking sheet with parchment paper.

Mix the cheese and seeds in a bowl.

Spoon small mounds of the mixture onto the baking sheet, leaving some space between them. Do not flatten the mounds. Bake for 8 to 10 minutes. Check often. The crisps should be light brown, but certainly not dark brown.

Remove from the oven and let cool before removing the crisps from the paper and serving.

Tip! Feel free to use any seed you like; try sesame, hemp and others.

Note: This recipe makes about 16-20 crisps. This means you will get around 8-10 pieces per serving.

Low-carb chocolate and peanut squares

Ingredients

- 3½ oz. dark chocolate with a minimum of 70% cocoa solids
- 4 tbsp butter or coconut oil
- 1 pinch salt
- ¼ cup peanut butter
- ½ tsp vanilla extract
- 1 tsp licorice powder or ground cinnamon or ground cardamom (green)
- ¼ cup chopped salted peanuts, for decoration

Instructions

Melt chocolate and butter or coconut oil in the microwave oven or in a double boiler. If you don't have a double boiler you can put a glass bowl on top of a pot of steaming water. Make sure that the water doesn't reach the bowl. The chocolate will melt from the heat of the steam. Set the melted chocolate aside to cool for a few minute before proceeding with the next step.

Add all remaining ingredients except the nuts and blend until incorporated.

Pour the batter into a small greased baking dish lined with parchment paper (no bigger than 4 x 6 inches).

Top with finely chopped peanuts or other creative toppings. Place in the refrigerator to chill.

When the batter is set, cut into small squares with a sharp knife. Remember, keep these and all treats small—no more than a 1 x 1 inch square. Store in the refrigerator or freezer.

Tip! Almond or hazelnut butter work, too. And try different toppings: toasted (and coarsely chopped) almonds or hazelnuts, roasted sesame seeds with unsweetened coconut flakes, or even tahini.

Recipes source: <https://www.dietdoctor.com>