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< EASTER AT THE COOKERY SCHOOL

LEONORA BAMFORD ON HEALTHY EASTER TREATS FOR KIDS

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Posted by Suzie Wilkinson

CATEGORY Health

SHARE

A healthy Easter is never an easy task, especially when people have given up treats for Lent. No one wants to be the loser mother who throws an Easter egg hunt without the chocolate. Having said that, there really are so many fun ways in which to celebrate Easter and there's definitely room for a bit of health and nutrition!

I'm all about the Easter Bunny this year, and most of my snacks are going to revolve around him. We always like to do an Easter egg hunt at home, and I'm going to hide Easter-themed toys like those little fluffy chicks around the garden, and the prizes will be a mixture of bunny teddies, [chocolate hare lollipops](#) or [lemon spelt shortbread chicks](#), all from Daylesford. Snacks will be toasted hot cross buns, with strawberry milkshakes served in old-fashioned mini milk bottles with paper straws. To make a healthier bun, try using different flours, like spelt or whole wheat (Daylesford already use spelt for their hot cross buns if you don't fancy baking), and swap the sugar for honey, vanilla beans and cinnamon, or simply go for an unrefined sugar. Healthy strawberry milkshake is so easy to make: blend a handful of strawberries, frozen or fresh with whole milk and serve immediately.

I love making healthy dips with the children. For Easter, I'm going to serve the dips in terracotta pots and let the children stick carrots in them, preferably with the stalks still on! I'm also going to try making a special bunny trail mix, using Daylesford's [high protein trail mix recipe](#), and for a bit of fun, serve a giant bowl of rabbit droppings – a.k.a. chocolate-covered goji berries – and bunny snacks in the style of Organix Carrot Stix. If you want an Easter craft to keep the children busy, what better than ['Make Your Own Bonnet'](#) – ending the morning with a little Easter Bonnet parade.

For more inspiration, head over to [My Baba.com](#).

LEONORA BAMFORD, FOUNDER OF [MYBABA.COM](#)

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