

The simplest way

... to keep Easter fun whilst making it healthy.

Easter can mean many things.

Easter bunny:

- Eat what bunnies eat, try some carrot filled recipes such as 'carrot cake oat biscuits'
- Decorate pancakes with fruit to make a bunny face.



Easter eggs:

- Paint hard boiled eggs with food coloring - the perfect family activity *and* healthy snack.

Chocolate:

- Include other sweet treats in celebrations such as 'apple and date bliss balls'

Family celebrations:

- Check out healthylunchbox.com.au for recipes the whole family will enjoy.