

# *Get Lucky* Easter Recipe e-Book





# Welcome to the Lucky Easter Recipe e-Book



Looking to make your holiday gatherings unforgettable with delicious and nutritious recipes this Easter? Get Lucky!

We are proudly Australian and every Lucky pack is filled with only the tastiest, freshest and highest quality nuts and dried fruit, and that's why contributing author Jade from Panaceas Pantry, chooses to create these recipes with Lucky.

**So if you're ready to bake, make it the best it can be and Get Lucky!**



## Meet contributing author, **Jade!**

Jade is a passionate naturopath, nutritionist, recipe developer and food photographer from Melbourne, Victoria. When not being a full-time mumma to her 3 daughters she is busy developing wholesome, allergen-friendly recipes on her blog, Panaceas Pantry, or working in her veggie garden.

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







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# *Spiced Easter Carrot Cake*

with Almond Meal & Crumbed Walnuts



# Spiced Easter Carrot Cake

## with Almond Meal & Crumbed Walnuts

**SERVES:** 12   **PREP:** 5 mins   **BAKING:** 50 mins



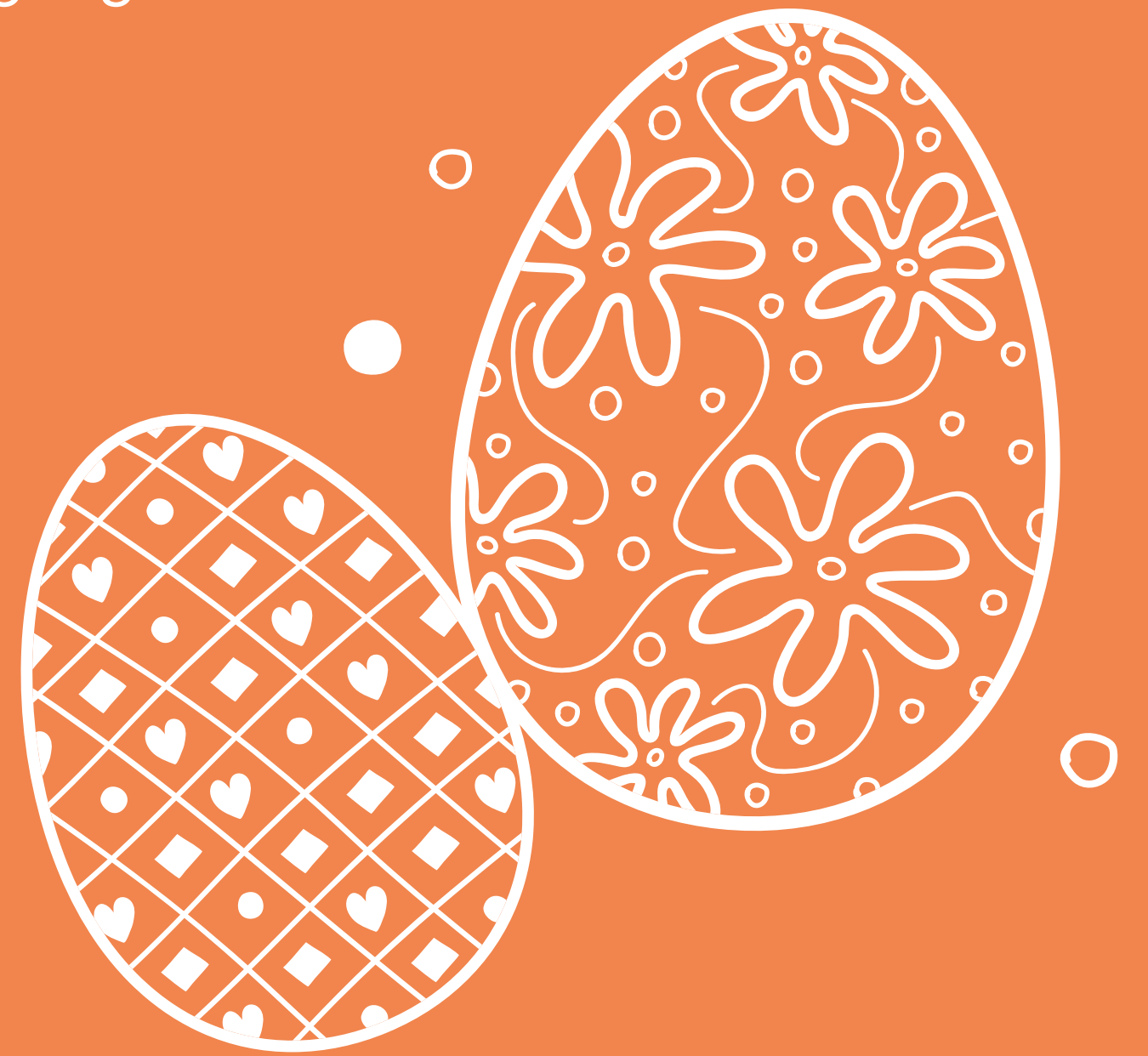
### INGREDIENTS:

#### FOR THE CAKE

2 cups **Lucky Almond Meal**  
1 tsp baking powder  
1 tsp baking soda  
½ tsp salt  
3 Tbsp ground flax seeds  
3 tsp cinnamon  
1 tsp ground nutmeg  
1 ½ cups coconut sugar  
1 tsp vanilla extract  
240g grated carrot  
½ cup Greek yoghurt  
1/3 cup almond milk  
1 cup **Lucky Crumbed Walnuts**

#### CREAM CHEESE ICING

290g cream cheese  
1 tsp vanilla extract  
1-2 Tbsp lemon juice  
¾ cup icing sugar



### METHOD:

1. Preheat oven to 170°C and grease and line a 20cm cake tin.
2. Add almond meal, salt, baking powder and soda, spices, flax seed and coconut sugar to a bowl. Mix well and set aside.
3. Add remaining ingredients (except the walnuts) and combine. Then gently fold through walnuts, and pour batter into the lined tin.
4. Bake for 50-60 minutes or until cooked through.
5. Allow cake to cool completely in the pan, then move into the fridge to set for 2-3 hours. Meanwhile, make the cream cheese icing by whisking ingredients together in a bowl and then setting in the fridge.
6. Once both the cake and icing have set, spread over the icing and top with extra walnuts to serve.







# *Almond Croissant Cookies*

with Almond Meal & Flaked Almonds



# Almond Croissant Cookies

## with Almond Meal & Flaked Almonds

**MAKES:** 12   **PREP:** 10 mins   **BAKING:** 25 mins

### INGREDIENTS:

#### FOR THE ALMOND FILLING

1 egg  
¼ cup sugar  
30g butter, melted  
1 tsp vanilla extract  
¼ tsp almond extract  
1 ¼ cup **Lucky Almond Meal**

#### FOR THE VANILLA COOKIE

250g butter, room temperature  
2/3 cup sugar  
2 tsp vanilla extract  
½ tsp almond extract  
2 cups plain flour  
1 ¼ cup **Lucky Almond Meal**  
¼ tsp salt  
**Lucky Flaked Almonds**  
Icing sugar, to dust



### METHOD:

1. Make the almond filling. Add egg to a large bowl and whisk until uniform. Add sugar and whisk for 30 seconds, then add butter, vanilla and almond extract. Whisk to combine.
2. Add almond meal and fold to combine well. Transfer to the fridge for 30 minutes to firm up. Meanwhile prepare the cookie base.
3. Place butter and sugar in a mixing bowl and beat until light and fluffy. Add extracts, and beat to combine, then add remaining ingredients and beat for 30 seconds to combine. Turn dough onto the bench and knead until smooth - this will take about 1 minute.
4. Preheat oven to 180°C and line a baking sheet. Remove almond filling from the fridge.
5. Roll cookie dough into a log, and cut into 6 even slices. Take the first slice and roll into a ball. Use your hand to flatten into a pancake slightly smaller than the size of your hand.
6. Scoop a heaped dessert spoon of the almond filling and roll into a ball. Then place filling in the centre of the flattened cookie dough and carefully fold up the sides around the almond filling. The almond filling should be fully enclosed in the cookie dough.
7. Flip the cookie over and place on the lined baking tray and smooth to a dome shape. Lastly, press flaked almonds onto the top of the cookie. Repeat with the remaining dough.
8. Bake for 20-25 minutes or until just slightly golden on top.
9. Cool for 10 minutes on the tray before transferring to a wire rack. When cool, dust with icing sugar and enjoy!







# *Cinnamon Orange Raisin Bread*

with Raisins



# Cinnamon Orange Raisin Bread

## with Raisins



**MAKES:** 1 loaf   **PREP:** 20 mins   **BAKING:** 40 mins

### INGREDIENTS:

#### FOR THE LOAF

½ cup milk  
¼ cup orange juice  
2 Tbsp honey  
2 ½ cup bread flour, plus extra  
1 ½ tsp instant dried yeast  
2 eggs  
½ tsp salt  
1 tsp cinnamon  
85g butter, room temperature

#### CINNAMON RAISIN SWIRL

125g butter, room temperature  
½ cup coconut or brown sugar  
1 Tbsp orange zest  
1 Tbsp cinnamon  
1 cup **Lucky Raisins**



### METHOD:

1. To a small saucepan, add milk, orange juice and honey. Heat on medium to low, stirring to dissolve the honey. This should take around 1 minute. The milk should feel warm, but not hot enough that you aren't able to hold your finger in it.
2. Add flour, yeast, eggs salt and cinnamon to the bowl of your stand mixer. Immediately pour in the warm milk mixture, and mix for 2 minutes or until combined.
3. Add butter, then using an electric mixer, knead on low speed for 5 minutes. After 5 minutes, continue to knead until smooth and elastic, adding 1 Tbsp of flour at a time until the dough becomes workable. When pressed with your finger, it should feel only just slightly sticky.
4. Transfer to a large oiled bowl, cover with a clean tea towel and leave in a warm spot for 1 hour or until doubled in size.
5. Once the dough has doubled in size, punch out the air. Turn onto a floured bench, then roll into a large rectangle roughly the same width as your loaf tin and approximately 30cm long. Grease your loaf tin and set aside.
6. To make the swirl, spread butter over the surface of the dough covering right to the edges. Add sugar, zest and cinnamon to a small bowl and mix well, then spread over the butter. Lastly, scatter raisins on top. Use your fingers to gently push the mixture into the butter.
7. Roll the dough into a log to create the swirl effect. Place the dough in the tin and cover with a tea towel. Leave in a warm place to rise until doubled in size.
8. Preheat oven to 180°C Brush the top of the loaf with egg white or milk, then bake for 35-40 minutes. When ready, a skewer should be removed cleanly and when tapped the bread should sound hollow.
9. Cool in the tin for 10 minutes, then gently remove and cool on a wire rack. Allow bread to cool completely before slicing and serving. Enjoy!







# *Chocolate Orange Cheesecake*

with Natural Cashews



# Chocolate Orange Cheesecake

## with Natural Cashews



**SERVES:** 8-12   **PREP:** 20 mins   **SETTING:** 6 hours - overnight

### INGREDIENTS:

#### FOR THE BASE

250g plain chocolate biscuits  
100g butter, melted

#### FOR THE CHEESECAKE

1 cup **Lucky Natural Cashews**  
250g cream cheese  
1 cup fresh orange juice, room temperature  
2 Tbsp orange zest  
1/3 cup raw cacao or cocoa powder  
¼ cup brown sugar  
180g 70% dark chocolate, chopped

### METHOD:

1. Add cashews to a small saucepan and cover with water. Bring to the boil and reduce to a simmer for 5 minutes. Turn off the heat, then drain and rinse the cashews. Set aside while you make the base.
2. Grease and line a 8 or 9 inch springform pan. Set aside.
3. Add chocolate biscuits to a food processor and blitz until fine crumbs have formed, around 1 minute. Add melted butter and blend for 30 seconds.
4. Pour the base into the prepared cake tin. Use your hands or a metal spoon to even out the crumbs and press down. Make sure the entire base is firmly packed.
5. Add the cashews, cream cheese, orange juice, zest, cacao powder and sugar to a blender or food processor. Blend on high for 1 minute, or until smooth.
6. Melt the chocolate in a heat proof bowl, using a bain marie method. Alternatively, melt in a microwave safe bowl in the microwave (zap for 15 seconds, mix and repeat until melted).
7. Pour the melted chocolate into the blender, then blend for 30 seconds and pour the mixture over your prepared base. Use a metal spoon to smooth the top.
8. Transfer to the fridge for 6+ hours or overnight.
9. To serve, remove from fridge and cake tin then decorate with mini chocolates, easter eggs, dehydrated orange rounds or whatever you desire. Delicious as is, or served with a dollop of double cream.







# *Carrot Cake Muffins*

with Almond Meal & Golden Walnuts



# Carrot Cake Muffins

## with Almond Meal & Golden Walnuts

**SERVES:** 12   **PREP:** 10 mins   **BAKING:** 25 mins

### INGREDIENTS:

#### FOR THE MUFFINS

1 cup **Lucky Almond Meal**  
1 cup plain flour  
2 tsp baking powder  
½ tsp salt  
3 tsp cinnamon  
1 tsp ground nutmeg  
1 cup coconut sugar  
2 eggs, whisked  
2 cups grated carrot  
¾ cup milk  
¼ cup olive oil  
1 cup **Lucky Golden Walnuts**, roughly chopped

#### CREAM CHEESE ICING

250g cream cheese  
¼ Greek yoghurt  
¼ cup maple syrup  
1 Tbsp lemon juice



### METHOD:

1. Preheat oven to 180°C and line a 12 hole muffin pan with patty cases.
2. Add almond meal, sifted flour, baking powder, salt, spices and sugar to a large bowl and mix together.
3. Add remaining ingredients , using a wooden spoon, fold together until you have an even moist batter.
4. Evenly spoon batter between the 12 cases and bake for 25 minutes or until cooked through.
5. Allow muffins to cool for 10 minutes in the pan before transferring to a tray to cool.
6. While the muffins are cooling, make the icing. Add all ingredients to a bowl and beat together with an electric mixer for 3-4 minutes or until smooth and glossy. Transfer to the fridge to firm whilst the muffins cool.
7. Once the muffins are completely cool, spoon or pipe on the icing. Decorate with mini chocolate eggs or extra chopped walnuts.







# *Hazelnut Brownies*

with Hazelnut Meal & Toasted Hazelnuts



# Hazelnut Brownies

## with Hazelnut Meal & Toasted Hazelnuts

**SERVES:** 16   **PREP:** 20 mins   **BAKING:** 30 mins



### INGREDIENTS:

1 cup coconut sugar  
190g butter  
2/3 cup milk  
1 cup pitted dates, chopped  
½ tsp salt  
½ tsp baking soda

3 eggs  
2/3 cup cocoa powder  
¾ cup + 1 Tbsp **Lucky Hazelnut Meal**  
2 Tbsp coconut flour  
½ cup Greek yoghurt  
½ cup **Lucky Toasted Hazelnuts**, chopped

### METHOD:

1. Preheat oven to 180°C and line a 23cm square tin.
2. Add sugar, butter, milk, dates, and salt to saucepan over medium heat. Stirring constantly, bring to the boil then simmer for 5 minutes until dates are very soft. Remove from heat and allow to cool for at least 10 minutes.
3. Add baking soda to the saucepan, then using a stick blender, blitz until smooth and the dates are fine.
4. Moving quickly, add eggs one at a time, whisking between each. Sift in cocoa, hazelnut meal and coconut flour. Add yoghurt and hazelnuts, then mix until a thick batter has formed.
5. Transfer mixture to your lined tin and bake for 30 minutes. Allow brownie to cool for at least 2 hours. Once cooled, use a hot, sharp knife to slice into 16 pieces. Store in an airtight container in the fridge.







# *Nectarine, Currant & Walnut Salad*

with Currants & Golden Walnuts





# Nectarine, Currant & Walnut Salad

## with Currants & Golden Walnuts

**SERVES:** 4-6 (as a side)   **PREP:** 20 mins   **COOKING:** 5 mins

### INGREDIENTS:

#### FOR THE SALAD

1 cup cooked barley, cooled  
½ head iceberg lettuce, chopped  
3 nectarines, cubed  
¾ cup **Lucky Currants**  
½ red onion, finely diced  
½ cup crumbled feta

#### DRESSING

1/3 cup olive oil  
2 Tbsp lemon juice  
2 Tbsp maple syrup  
Large handful of basil leaves  
Pinch salt



#### CANDIED WALNUTS

1 pack **Lucky Golden Walnuts**  
2 Tbsp maple syrup  
Sea salt

### METHOD:

1. Preheat oven to 180°C. Add walnuts to a small, lined baking tray and place tightly together in a layer. Drizzle with maple syrup then sprinkle with salt. Bake for 5 minutes. toss then bake for 5 more minutes. Remove from heat and allow to cool.
2. To make the dressing, add all ingredients to a blender and blitz until uniform.
3. To make the salad, add all the ingredients to a bowl. Top with candied walnuts and dress. Toss to combine and serve immediately.







# *Beetroot, Walnut & Orange Salad*

with Golden Walnuts





# Beetroot, Walnut & Orange Salad with Golden Walnuts



**SERVES:** 4 (as a side) **PREP:** 20 mins **COOKING:** 20 mins

## INGREDIENTS:

8 small beetroot  
3 handfuls of salad, roquette or sorrel  
1 bunch mint leaves, torn  
Zest from 1 orange  
2 oranges  
1/3 cup crumbed goats cheese or feta  
50g **Lucky Golden Walnuts**

## DRESSING

Pomegranate molasses (or balsamic vinegar)  
Olive oil



## METHOD:

1. Add beets to a large pot of water and bring to a boil. Simmer for 20 minutes or until tender. Drain and allow to cool for 10 minutes or until cool enough to handle.
2. Using your hands, rub the skin off the beets and chop the root and tips off. Then slice into wedges and set aside to cool to room temperature.
3. Skin oranges and remove pith, and cut into thin slices.
4. Once beets have cooled to room temperature assemble the salad. Add the greens to a serving bowl or plate, and top with cooled beets, mint, zest, orange slices, goats cheese and walnuts. Toss then drizzle with pomegranate molasses and olive oil. Enjoy!







# *Brussel Sprout Salad*

with Oven Roasted Almonds





# Brussel Sprout Salad

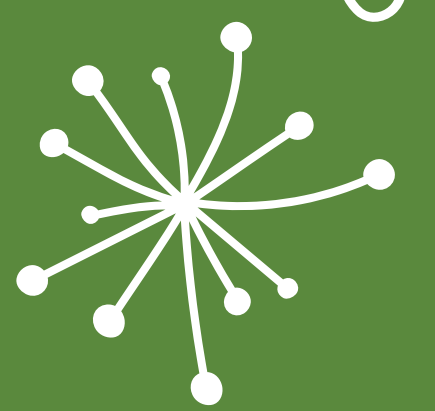


## with Oven Roasted Almonds

**SERVES:** 2   **PREP:** 10 mins   **COOKING:** 20 mins

### INGREDIENTS:

2 Tbsp olive oil	1/3 cup pomegranate seeds
400g brussel sprouts (approx. 16)	Bunch of flat leaf parsley, roughly chopped
Large handful kale, de-stemmed and chopped	Juice from ½ lemon
½ cup <b>Lucky Oven Roasted Almonds</b> , chopped	Salt and pepper
1/3 cup dried cranberries	



### METHOD:

1. Bring a large pot of water to the boil. Fill a separate bowl with iced water and set aside.
2. Chop the bottom off the sprouts and then cut in half. Peel off any loose outer leaves and reserve.
3. Place chopped sprouts in boiling water for 2 minutes. Immediately drain and transfer to iced water for a further 2 minutes. Drain, then pat dry.
4. Heat a deep skillet to on medium heat. Add oil and heat until simmering. Place sprouts cut side down. Reduce heat to low and cook for 8 minutes. Ensure sprouts are golden in colour, if not cook for a few more minutes.
5. Season sprouts and add kale, toss and fry for a further 5 minutes until tender. Add almonds and toss for another 2 minutes.
6. Transfer sprout mix to a serving bowl. Add remaining ingredients and combine. Taste and add extra seasoning or lemon juice if desired. Serve immediately.







# ***Punchy New Potato Salad***

**with Currants & Golden Walnuts**



# Punchy New Potato Salad

## with Currants & Golden Walnuts

**SERVES:** 6-8 (as a side)   **PREP:** 10 mins   **COOKING:** 20 mins

### INGREDIENTS:

#### FOR THE SALAD

1 kg baby/new potatoes, washed and cut in half  
1 bunch dill, stems removed and chopped  
1 cup **Lucky Golden Walnuts**  
1 cup **Lucky Currants**  
Pickled red onions (recipe below)

#### PICKLED RED ONIONS

2 red onions, peeled and sliced thin  
½ cup water  
½ cup vinegar (white or apple cider)  
1 ½ tsp salt  
1 tsp honey  
1 tsp pepper corns  
½ tsp chilli flakes

#### DRESSING

2 Tbsp water  
½ cup olive oil  
½ tsp garlic powder  
1 Tbsp dijon mustard  
1/3 cup lemon juice (reserve zest)  
¾ tsp salt  
1 tsp freshly cracked black pepper

### METHOD:

1. Bring a 5 litre pot of water to the boil. Salt with 1 Tbsp salt, then add potatoes. Boil for around 20 minutes or until tender. Once cooked, pour into a large colander to cool.
2. While the potatoes boil, make the quick pickled red onions. Pack sliced onions into a clean, heat proof glass jar with a fitting lid. Add remaining ingredients to a saucepan and bring to a gentle simmer. Turn off heat and pour hot liquid over the onions, filling the jar. Sit the lid on top of the jar and set aside for 20 minutes.
3. To make the dressing, add water, oil, garlic, mustard and lemon juice to a blender (or use a stick blender) and blitz until thick and creamy. Add salt and pepper and stir through.
4. Once potatoes have cooled transfer to a serving bowl. Add dill, walnuts, currants and half of the pickled onions (ensuring you don't add the peppercorns). Gently fold through. Add ¾ of the dressing and fold through until well coated. Finally, top with a sprinkle of salt flakes and 1 Tbsp of the lemon zest. Serve with an extra drizzle of dressing.







# *Easter Grazing Platter*

with Almond Meal & More



# Easter Grazing Platter

## with Almond Meal & More

**SERVES:** 16   **PREP:** 20 mins   **BAKING:** 30 mins

### INGREDIENTS:

#### FOR THE ALMOND CHEESE

160g **Lucky Almond Meal**

2 Tbsp olive oil

2 Tbsp lemon juice

$\frac{3}{4}$  tsp fine salt

150ml water

2 tsp white miso

Optional: 2 Tbsp pesto

(or chopped herbs of choice)

#### FOR THE PLATTER

6 hot cross buns

$\frac{1}{2}$  cup **Lucky Natural Pistachios**

$\frac{1}{2}$  cup **Lucky Oven Roasted Almonds**

$\frac{1}{2}$  cup **Lucky Natural Macadamias**

1 punnet raspberries

1 punnet blueberries

1 small box of crackers of choice

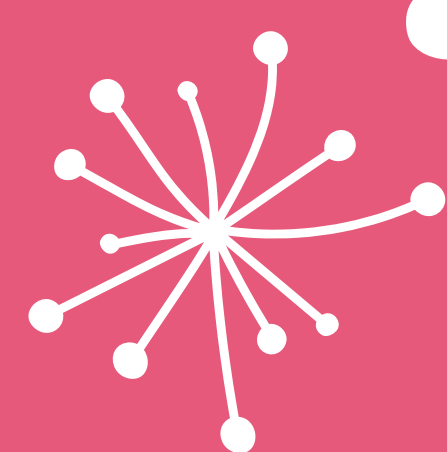
1 block of dark chocolate, broken into pieces

1 packet mini Easter eggs



### METHOD:

1. Preheat oven to 140°C and set aside a large sized silicone muffin tray.
2. Blend all of the almond cheese ingredients until smooth and creamy, around 1 minute.
3. Divide the almond cheese mixture between 4 of the silicone muffin holes. If using pesto add  $\frac{1}{2}$  Tbsp to each and gently swirl through. Place in the hot oven and bake for 20 minutes. Remove from the oven and place in the fridge to cool for 2 hours.
4. Pop set almond cheese out of the moulds and place onto a serving platter. Arrange remaining ingredients around the almond cheese and serve immediately.







# *Pistachio & Honey Banana Bread*

with Natural Pistachios



# Pistachio & Honey Banana Bread

## with Natural Pistachios

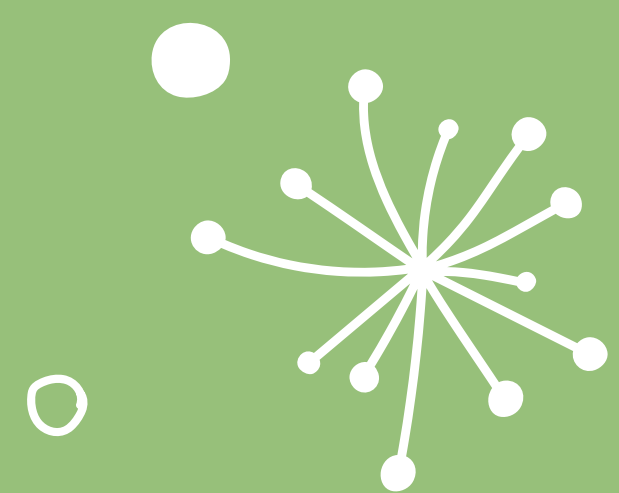
**MAKES:** 1 loaf   **PREP:** 10 mins   **BAKING:** 50 mins



### INGREDIENTS:

1 ¼ cups ripe banana, mashed  
½ cup pistachio milk (or preferred milk)  
¼ cup honey  
¼ cup tahini  
¼ cup olive oil  
½ cup coconut sugar  
2 cups plain flour

1 tsp cinnamon  
½ tsp salt  
1 ½ tsp baking powder  
½ tsp baking soda  
60g **Lucky Natural Pistachios**, diced  
¼ cup chocolate chips



### METHOD:

1. Preheat oven to 180°C. Grease and line a loaf tin and set aside.
2. Add banana, pistachio milk, honey, tahini, olive oil and coconut sugar to a bowl and use a stick blender or fork to blend and mash well.
3. Sift in remaining ingredients, except pistachios and chocolate chips. Mix until just combined, then fold through most of the pistachios and chocolate chips.
4. Pour mixture into loaf tin and top with remaining pistachios and chocolate chips.
5. Bake for 50-55 minutes or until cooked through.

## Homemade Pistachio Milk

### INGREDIENTS:

1 cup **Lucky Natural Pistachios**  
4 cups warm water  
1 tsp vanilla extract

½ tsp cardamom  
½ tsp cinnamon

1. Soak pistachios in warm water overnight (or at least 8 hours).
2. Strain off water and rinse pistachios. Add pistachios to a blender
3. Strain through cheese cloth and store in the fridge for up to 5 days.







*Goats Cheese &  
Walnut Pinwheels*  
with Crumbed Walnuts



# Goats Cheese & Walnut Pinwheels

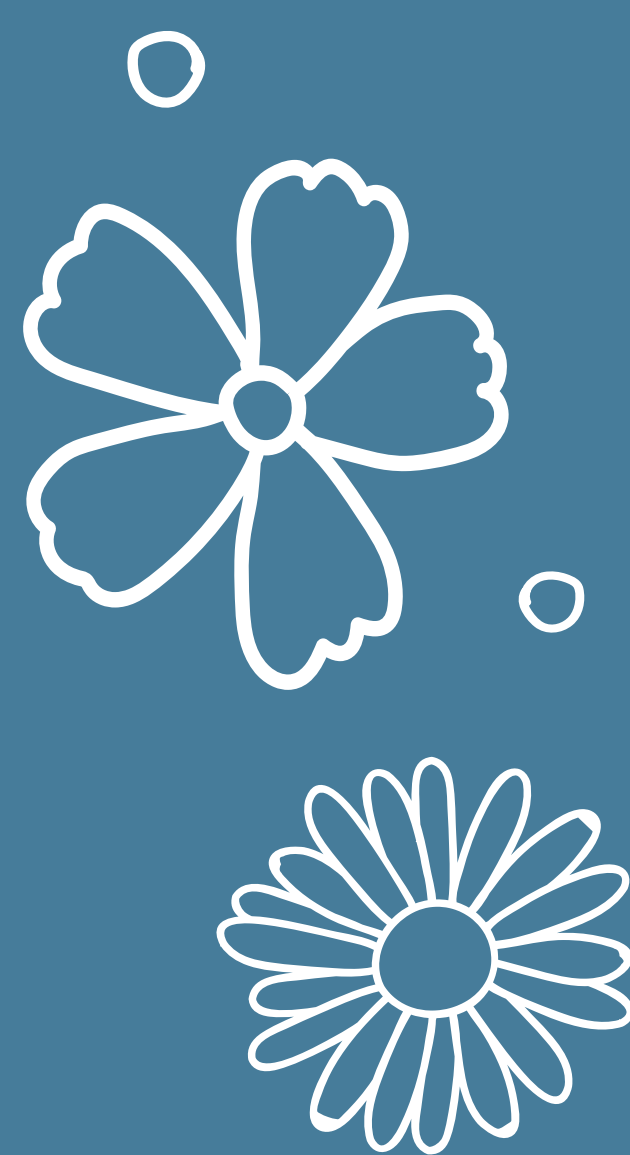
## with Crumbed Walnuts

**MAKES:** 24   **PREP:** 10 mins   **BAKING:** 20 mins

### INGREDIENTS:

1 Tbsp olive oil  
1 brown onion, finely diced  
2 cloves garlic, crushed  
200g frozen spinach, thawed  
100g goats cheese or feta  
¼ cup parsley, finely chopped

½ tsp salt  
¼ tsp black pepper  
1 egg  
1/3 cup **Lucky Crumbed Walnuts**  
2 sheets puff pastry  
Parmesan cheese



### METHOD:

1. Heat a fry pan over medium heat. Heat oil, then reduce to low heat. Add onion and fry for 5 minutes or until softened. Add garlic and fry until fragrant. Turn off heat and set aside to cool.
2. Strain thawed spinach and squeeze out all the excess water. Chop spinach into small pieces and transfer to a mixing bowl. Add goats cheese, parsley, salt, pepper, egg, walnuts and cooled onion. Mix well.
3. Remove pastry from the freezer. Spread half the mixture on top of one sheet, leaving a 2 cm boarder. Finely grate a thin layer of parmesan over the surface.
4. Starting on the edge of the pastry, roll into a log. Use a sharp knife to cut into slices about 2cm thick. Repeat for the next sheet of pastry. **Tip:** If you are having trouble slicing, place into the freezer for 10 minutes to firm up.
5. Preheat oven to 180°C fan forced. Place one sheets worth of slices onto a baking tray with cut side facing down, then transfer to the freezer whilst the oven preheats. Repeat for the other sheet.
6. Once oven is at temperature, remove pinwheels from the freezer and bake for 20 minutes, swapping trays half way, or until lightly golden brown.
7. Best served whilst still warm with tomato chutney, relish or your preferred dipping sauce.







# Homemade Nutella

## with Toasted Hazelnuts

**SERVES:** 6-8 (as a side)   **PREP:** 10 mins   **COOKING:** 20 mins

### INGREDIENTS:

3 cups **Lucky Toasted Hazelnuts**  
¼cup cocoa powder  
¼ cup maple syrup

2 tsp vanilla extract  
1 tsp salt  
1/3 cup vegetable oil (optional)



### METHOD:

1. Place hazelnuts in a food processor and blitz for 5 minutes to form a butter. It should be a runny consistency.
2. Add remaining ingredients (except for if oil if you're not using it) and process until uniform. Stream in oil with the food processor running and blend until completely smooth.
3. Store in a glass jar in the pantry for up to 1 month.

**Note:** The oil is optional, however if you prefer a runnier consistency we suggest using it.







# Get Lucky

to bring your  
cooking and  
baking creations  
to life!

ENJOYED BY AUSSIES SINCE 1957

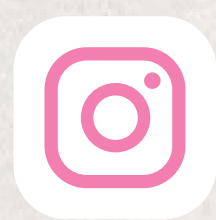


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