

EASTER CHEAT SHEET

OAKMONT FITNESS
— EXCLUSIVE MEMBERS CLUB —



01

KNOWING WHO THE BAD BOYS ARE!

When it comes to Easter eggs they are not all created equally, certainly when sugar and saturated fat content are considered.

Thankfully the nice people at The Bristol Post compiled a list of the 30 most popular eggs found in Tesco, Sainsbury's and Waitrose, rating them from best to worst when it comes to sugar content: <https://www.bristolpost.co.uk/news/bristol-news/healthy-easter-eggs-one-should-26113>

It is perhaps no surprise that Green & Black's organic 70% dark chocolate egg (165g) came out best – with only 28.5g of sugar per 100g. We say 'only' because although it is almost half the average of other eggs this is still a fair amount of sugar – so be conscious about how much you consume. Their milk chocolate egg (165g) came second with 45.5g of sugar per 100g, and their butterscotch egg (165g) came third with 47.5g per 100g.

So who was at the bottom of the list?

The worst offenders:



#1 Smarties medium egg (122g) with a whopping 61.7g sugar for every 100g.



#2 Nestlé KitKat Chunky (140g) and Bites (245g) Easter eggs which both had 61.2g of sugar for every 100g.



#3 Nestlé Quality Street Honeycomb Crunch egg (162g) with 60.1g of sugar for every 100g.



#4 Snickers milk chocolate large egg and chocolate (274g), Maltesers Teasers large egg (248g), and Galaxy Minstrels large egg (262g) all had 58.3g of sugar for every 100g.

Interestingly, when it came to saturated fats the story was the other way round, with the eggs scoring highly for sugar content having some of the lowest saturated fat values - Green & Black's 70% dark chocolate having 25g of saturated fat per 100g compared to the 16.4g per 100g the Smarties medium egg had.

So low sugar doesn't always mean it's healthy!



02

GOING DARK, IS NOT ALWAYS GOING GOOD!

Another common misconception is: go dark, go healthy and eat as much as you like!

Dark chocolate has become somewhat of a 'super food' amongst healthy eaters, who will happily list the health benefits consuming it every day can yield. Then there is the fact it tastes great and is somewhat decadent, leaving many of us thinking, "What is there not to love about dark chocolate?"

The answer is 'dutching', a processing method that turns the raw cacao into chocolate with the help of alkali. The only drawback is it removes the flavanols that provide all the health benefits fitness fanatics rave about. So always check how the chocolate has been processed.

Then there are the dark chocolates that aren't really dark. Galaxy Dark for example doesn't really make the grade based on its low cacao content, while dark chocolate M&Ms have higher sugar levels than normal ones, as does Cadbury Bournville. Worst of all, Milky Way Midnight has more sugar than cacao.

So which brands should you choose?

Our top choices include:

**GREEN
&BLACK'S**
ORGANIC

#1 Green & Blacks because it is so easy to get your hands on, tastes great and comes in a number of sizes, strengths and flavours. Check out: www.greenandblacks.co.uk

**HOTEL
Chocolat.**

#2 Hotel Chocolat as they offer a range of eggs; we love their hard boiled 100% dark! They come in an amusing array of sizes – but keep to the quail, stay away from the ostrich. Check out: www.hotelchocolat.com/uk


GODIVA
Chocolatier

#3 Godiva, perfected over 80 years and we all know the Belgians know how to make chocolate. Their Pixie Dark egg is a brilliant choice for anyone wanting to be health conscious but still enjoy great tasting chocolate. Check out: www.godivachocolates.co.uk


Lindt
MAÎTRE CHOCOLATIER SUISSE
DEPUIS 1845

#4 Lindt is another household name found almost everywhere nowadays but BEWARE, some dark bars have been processed with alkali while others have not! So ALWAYS check the back: www.lindt.co.uk

For those looking for a more exclusive brand this Easter, why not try dark chocolate from:

- **Coco Chocolatier:** www.cocochocolate.co.uk
- **Artisan du Chocolat:** www.artisanduchocolat.com
- **Pierre Herme:** www.pierreherme.com

But before you get carried away

REMEMBER: while a 2010 study by German researchers did link dark chocolate consumption to lowered blood pressure and a decreased risk of heart attacks and strokes (making chocolate lovers around the globe happy), the difference between the chocolate consumed by the non-chocolate group and the chocolate group was 6g – about one small square!

So yes, consuming dark chocolate is good for you – but just one square a day to keep the doctor away, not a whole slab!

03

HOW ABOUT HOME-MADE?

Home-made healthy alternatives are a great way of reducing the sugars and therefore the carbs, without necessarily letting go of the taste.

Cadbury Creme Eggs have to be one of our favourites, but with 28g of net carbs they are a massive NO for the health conscious. So this great recipe for a sweet tasting alternative, posted by www.healthy-indulgences.net, containing just 6g net carbs per egg is what any egg lover has been waiting for!



Healthy Homemade Creme Eggs Makes 8 large eggs

Milk Chocolate Egg Shells (or Chocolate Chunks)

Ingredients

- 2 oz. unsweetened chocolate (Ghirardelli)
- 2 tablespoons powdered non-fat milk
- 2 tablespoons xylitol or 3 tablespoons erythritol
- 1/8 teaspoon good-tasting pure stevia extract
- 2 teaspoons nonhydrogenated shortening (Spectrum Organic)

Method

Ensure all utensils and working bowls are completely dry. Powder sweetener and powdered milk with the flat blade on a Magic Bullet, or your coffee grinder. Whirr for at least one minute until it becomes an extra-fine powder. Do not open canister immediately in order to allow the powdered mixture to settle. In a large microwave-safe bowl, break chocolate into chunks, and add shortening. Heat chocolate mixture for 35 seconds on HIGH and stir. Heat in 10 second intervals, stirring each time, until melted and smooth.

Add the powdered mixture, and fold around the bowl with a spatula until smooth. It will look clumpy and thick at first, but you will be able to smooth it out. Reheat in microwave for 10-15 seconds. Fill molds, spreading chocolate up the sides with your fingertips or the back of a tiny measuring spoon. Chill in freezer, and repeat, only spreading chocolate around the top edges (which tend to be too thin since the chocolate sinks into the middle of the molds. Don't worry if the inside looks messy—the outside will still look perfect. Smooth the top edges of the chocolate shells to ensure that they'll fit together. Chill again. Pop out of mold using gentle pressure on the backs of the wells, along with rapping the plastic tray on the counter. Fill one egg half with filling. On another egg half, paint a thin line of extra chocolate along the top edges. Stick the second half over the first, pressing firmly to seal. Let to set for five minutes. Eat!

For dairy-free chocolate shells, omit milk powder and decrease shortening to 1/2 teaspoon.

If making into chunks, pour into a pan lined with parchment and spread flat. Chill until firm, then chop into chunks.

~2g net carbs per 1/8th of a recipe

Creme filling

- 3 oz. unsalted organic butter
- 4 tablespoons organic heavy cream
- 1 tablespoon honey (add an extra teaspoon for a very sweet filling)
- 1 fresh organic egg yolk
- 1/2 teaspoon pure vanilla extract
- 1/8 teaspoon (scant) good tasting pure stevia extract
- Pinch unrefined sea salt

Preparation:

Heat butter, cream, and honey, stirring over low heat until butter is completely melted. Whisk in egg yolk and cook over medium-low heat until mixture coats the back of a wooden spoon (should take 3-5 minutes). It will leave a trail when you drag your finger across the back of the spoon. Remove from heat and add vanilla and Stevia. Strain through a fine mesh sieve. Taste and add a tiny pinch more Stevia if necessary. Chill until cool to the touch.

~4.2g net carbs per 1/8th of a recipe

04

SCARED OF THE DARK?

Another common misconception is: go dark, go healthy and eat as much as you like!

If you are scared of the dark chocolate full-on flavour or it simply isn't your thing, don't worry, you are not alone. Thankfully there are some great milk chocolate alternatives that are more health conscious than their other milk chocolate competitors.

Mega Milk by Chococo:
www.chococo.co.uk

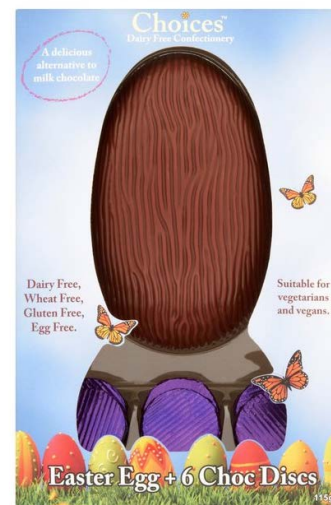
This is dark chocolate pretending to be light! 70% dark, with less sugar than an 80% bar, this amazing chocolate looks and tastes like milk chocolate. How they do it, we have no clue! So all those chocolate lovers who want the health kick dark chocolate brings to their life but the taste of milk, here is your egg.

Dairy Free by Booja Booja
(found on www.ocado.com)



Ok, so this is not an egg, or at least not a chocolate one. However, a lot of people would swap their shop-bought egg for this beautiful keepsake box and the decadent truffles hiding within. Unlike a lot of dairy-free alternatives, these truffles really do 'melt-in-your-mouth'. Being free from dairy and egg, they are great for those craving an Easter treat while trying to stay away from dairy in their diet.

Dairy, wheat, gluten & egg-free by Celtic Choices (found on www.ocado.com)



Sold as a cocoa-based alternative to conventional chocolate which offers a delicious option for those with allergies or intolerances to milk, gluten, wheat and egg, and for those who would rather avoid dairy products in their daily diet. They forget to mention that this alternative to milk chocolate - that contains no artificial flavours, colours or preservatives - is also absolutely DELICIOUS!



05

CHOCOLATE ALTERNATIVES

A final thought for those of you not overly attached to chocolate but still keen to keep to those Easter traditions - how about enjoying a simple egg this year?

There are very few foods cram-packed with the nutrients found in eggs: proteins, vitamins and minerals, fat-soluble vitamins and essential fatty acids. But better still eggs are versatile: baked, boiled, poached, scrambled - there are 101 ways of enjoying an egg this Easter. What's more there are lots of different types of egg available, the most commonly raised are chicken eggs while more gourmet choices include duck, goose and quail eggs.

A very good source of inexpensive, high-quality protein, over half the protein of an egg is found in the egg white along with Vitamin B2, Selenium, Vitamin D, B6, B12 and minerals such as Zinc, Iron and Copper. Eaten without the yolk, you will immediately cut out over half the calories, cholesterol and fat.

The best part about eggs is they are a 'complete' source of protein as they contain all nine essential amino acids; the ones we cannot synthesise in our bodies and must obtain from our diet.

Here are the statistics...

1 Medium Egg = 76 Calories,
7.5g Protein,
5.1g Fat

So why not replace the chocolate eggs for real ones this Easter and enjoy eggs for breakfast, lunch or tea!





OAKMONT FITNESS

— EXCLUSIVE MEMBERS CLUB —

**SO LET'S MAKE THIS EASTER
HAPPY AND HEALTHY**

Aivaras and Joe

01392 300875

support@oakmontfitness.club

www.oakmontfitness.club



CHECK OUT
THESE RESULTS
FROM PEOPLE
LIKE YOU
WHO TRAIN AT
OAKMONT
FITNESS



CHECK OUT
THESE RESULTS
FROM PEOPLE
LIKE YOU
WHO TRAIN AT
OAKMONT
FITNESS

