

THE MAGIC OF *Motherhood*



5 Healthy Nutella Versions FOR BUSY MOMS



THE MAGIC OF MOTHERHOOD



THE TABLE OF *content*

WHY CAROB?	3
A CASE AGAINST REFINED SUGAR	4
TIPS FOR THE PERFECT SPREAD	5
HAZELNUT DELIGHT	7
CREAMY AVOCADO-CAROB SPREAD	9
CHICKPEA-CHOCOLATE BLISS	11
SWEET POTATO - CHOCOLATE MAGIC	13
CASHEW AND COCOA CREAM	15
NEXT STEPS TO THRIVE AS A MOM	17
ABOUT ME	18

*With love and support
Eva*

Welcome, Beautiful Mama!

Introduction

Welcome to your collection of 5 Healthy Nutella Recipes! These spreads are designed to bring wholesome indulgence into your life—perfect for breakfast, snacks, or desserts. Each recipe is crafted without refined sugar, using natural sweeteners like dates, bananas, or xylitol, to keep your energy balanced and your cravings satisfied.



Why Carob?

Carob is a fantastic alternative to cocoa, especially for young children. Unlike cocoa, carob is naturally caffeine-free, making it a gentler choice that won't overstimulate little ones. Its naturally sweet and earthy flavor is rich in essential nutrients like calcium and potassium, which are important for growing bodies. Carob also contains antioxidants and fiber, supporting overall health while providing a delicious base for spreads.

The Case Against Refined Sugar

Avoiding refined sugar is more than just a dietary choice—it's an investment in your child's long-term health. Excessive sugar consumption in children can lead to energy spikes and crashes, mood swings, and difficulty concentrating. Over time, it may contribute to unhealthy weight gain, tooth decay, and even chronic conditions like diabetes. By using natural sweeteners like dates or bananas, you can offer your children treats that are both delicious and nourishing. These recipes prioritize natural ingredients to help maintain stable energy levels and a balanced mood, supporting your little one's health and happiness.

Enjoy these guilt-free spreads knowing they're as nourishing as they are delicious!



Tips for the Perfect Spread



Smooth Textures:

Use a high-speed blender or food processor for the creamiest results. Pause to scrape down the sides to ensure even blending.

Custom Sweetness:

Adjust the sweetness by adding more dates, banana, or xylitol to match your taste preference. You can also try using raisins, dried red cranberries or dried plums a part from the options I offer in this guide.



Storage:

Keep your spreads in airtight containers in the fridge. Most will stay fresh for 3–5 days.



Versatility:

Use these spreads on toast, pancakes, waffles, or as a dip for fruits. You can even stir them into oatmeal or smoothies!



Experimentation:

Feel free to add a pinch of spices like cinnamon or nutmeg for a warm twist or a few drops of peppermint extract for a refreshing flavor.



I hope you enjoy this guide and that it brings as much joy to your life as creating it brought to mine. If you have any questions, please don't hesitate to reach out. I'm here to support you on this journey. You can contact me at balancedbyeva@gmail.com or connect with me on my social media accounts.

Eva Szollar
Certified Integrative Nutritional Health Coach
Certified Yoga Teacher and Holistic Mom Coach



Hazelnut Delight: A Healthy Take on the Original Nutella



Did you know the original Nutella contains over 50% refined sugar, just 13% hazelnuts, and palm oil? These ingredients contribute to high sugar spikes, minimal nutritional value, and environmental concerns due to palm oil sourcing.

This Hazelnut Delight transforms this beloved treat into a guilt-free indulgence. This healthy version boasts a high protein content, thanks to its generous hazelnut base, and uses naturally sweet Medjool dates instead of refined sugar.

For chocolate lovers, cocoa powder delivers a rich, decadent flavor, while carob provides a lighter, naturally sweet alternative without caffeine. Whichever you choose, Hazelnut Delight is a spread you can feel good about sharing with your family.



Ingredients:

- 1 cup roasted hazelnuts
- 3-4 pitted Medjool dates (soaked for 10 minutes)
- 2 tbsp cocoa powder or carob powder
- ½ tsp vanilla extract
- ¼ cup unsweetened almond milk (adjust for desired consistency)

Instructions:

1. Blend roasted hazelnuts in a food processor until smooth.
2. Add soaked dates, cocoa powder, and vanilla extract. Blend again.
3. Gradually add almond milk to achieve a spreadable texture.

Extra Tip: I prefer buying natural hazelnuts and lightly roasting them at home in the oven for 8–10 minutes. This way, I can avoid over-roasting, as well as any undesirable added ingredients or preservatives found in pre-roasted options.



Creamy Avocado-Carob Spread: A Kid-Approved Avocado Surprise

Avocado was a mystery to me until about ten years ago when I first tasted guacamole—and it was love at first bite. Over the years, avocado has become one of my favorite fruits because of its versatility. Whether in savory dishes or sweet treats, its creamy texture and subtle flavor make it a superstar ingredient.



Avocado, rich in heart-healthy fats and fiber, supports cardiovascular health while keeping you feeling full and satisfied.

But as much as I adore it, my kids have always turned their noses up at avocado—except in this spread! It's their absolute favorite, enjoyed not only as a pancake topping but also as a pudding or a stand-alone dessert.

This recipe transforms avocado into a sweet delight, blending it with carob for a naturally light, caffeine-free flavor or cocoa for a richer, chocolaty taste. It's proof that healthy can be irresistibly delicious, even for picky eaters!

Ingredients:

- 1 ripe avocado
- 2 tbsp carob powder
- 2 tbsp date syrup or 3 Medjool dates
- 1 tsp vanilla extract
- 1 pinch of sea salt

Instructions:

1. Scoop the avocado into a blender or food processor.
2. Add carob powder, date syrup, vanilla extract, and sea salt. Blend until creamy.
3. Store in an airtight container in the fridge for up to 3 days.

Extra tips:

Instead of Medjool date you can use dried dates as well. In that case make sure you soak them in hot water for about 20 minutes.

+1: Raisins, dried plums or dried red cranberries can be a great replacement options to the dates. Make sure to soak them in hot water before using.



THE MAGIC OF MOTHERHOOD

Chickpea-Chocolate Bliss:

A Protein-Packed Indulgence

Who says dessert can't be nutritious? This Chickpea-Chocolate Bliss spread is a game-changer, blending wholesome ingredients into a velvety treat that's as healthy as it is delicious. What makes it even more special to me is my picky eater, Lily. As my firstborn, she has challenged all my pre-mom ideals, including the one where I swore I'd never hide ingredients in her food. But life had other plans, and my sweet Lily—who would happily survive on yogurt and chicken soup—pushed me to sneak a few extra nutrients into her meals to calm the anxious mama in me.



Chickpeas, the star ingredient in this spread, are packed with plant-based protein and fiber, supporting digestion and keeping little tummies full. Sweetened naturally with Medjool dates or ripe banana, it's free from refined sugar but still satisfies those chocolate cravings. Almond butter adds healthy fats and a creamy texture, while cocoa powder delivers that indulgent chocolaty flavor.



And here's the best part: Lily doesn't just tolerate this spread—she eats it straight out of the jar! For me, that's the ultimate win and proof that healthy can be absolutely irresistible.

Ingredients:

- 1 cup cooked chickpeas (rinsed and drained)
- 2 tbsp cocoa powder
- 3-4 pitted Medjool dates or 1 ripe banana
- 2 tbsp almond butter
- ¼ cup unsweetened almond milk

Instructions:

1. Blend chickpeas in a food processor until smooth.
2. Add cocoa powder, sweetener, and almond butter. Blend again.
3. Slowly add almond milk while blending until a creamy consistency forms.



Extra tip:

Instead of chickpeas you can also use white, black or adzuki beans or yellow lentils.

Sweet Potato–Carob Magic: A Naturally Sweet and Nutritious Treat

When fall arrives, this Sweet Potato–Carob Magic becomes one of my favorite spreads to make. Sweet potatoes have been a fairly recent addition to my cooking journey—only about five years ago did I start experimenting with them. I quickly fell in love with their natural sweetness and versatility. They shine in both savory dishes and sweet treats, serving as a fantastic alternative to regular potatoes and a delightful addition to cakes or spreads.



The sweet potato in this recipe isn't just delicious; it's packed with nutrients. Rich in beta-carotene, sweet potatoes help support healthy vision and a strong immune system. They're also high in fiber, which promotes good digestion and helps keep hunger at bay. Their naturally creamy texture makes them the perfect base for this spread, while their low glycemic index ensures steady energy without the sugar crash.

Combined with the light, caffeine-free sweetness of carob, a touch of cinnamon, and naturally sweet Medjool dates, this spread brings all the cozy fall vibes. It's a nourishing and indulgent treat for toast, pancakes, or even a spoon straight from the jar!



Ingredients:

- 1 cup cooked and mashed sweet potato
- 2 tbsp carob powder
- 3 pitted Medjool dates
- ½ tsp cinnamon
- 1 tsp vanilla extract

Instructions:

Combine mashed sweet potato and carob powder in a blender.

Add dates, cinnamon, and vanilla extract. Blend until silky smooth.

Adjust sweetness or consistency with a splash of almond milk if needed.

Extra tip

Instead of sweet potatoes you can also use pumpkin puree.

Cashew-Cocoa Cream: A Luxuriously Smooth and Creamy Indulgence

This Cashew-Cocoa Cream is my number one go-to version of the original Nutella. It was born out of necessity when our second daughter couldn't eat hazelnuts but was fine with cashews. Since then, it has become a household favorite, not just for her but for all of us!



Cashews have a natural sweetness that makes this spread extra special, as it allows for less added sweetener while still delivering a perfectly balanced flavor. Soaked cashews blend into an irresistibly smooth and creamy base, making this spread a luxurious yet healthy treat. If you don't have a high-power blender, no worries—most health stores carry cashew nut butter. Just be sure to pick an unsweetened option for the best results.

Rich in healthy fats, magnesium, and plant-based protein, cashews bring both nutrition and indulgence to the table. Paired with cocoa powder for a chocolaty depth, and naturally sweetened with xylitol or Medjool dates, this spread is a healthier alternative that doesn't compromise on flavor.

Ingredients:

- 1 cup cashews (soaked overnight and drained)
- 2 tbsp cocoa powder
- 1-2 tbsp xylitol or 3 pitted Medjool dates
- ½ tsp vanilla extract
- ¼ cup water or unsweetened almond milk

Instructions:

1. Blend soaked cashews in a high-speed blender until creamy.
2. Add cocoa powder, sweetener, and vanilla extract. Blend again.
3. Adjust the consistency with water or almond milk.

Extra tip:

Instead of cashews you can try to play around with walnuts, pistachios or pecans



NEXT STEPS TO *Thrive as a Mom*

To all the incredible moms out there, thank you for taking the time to explore this collection of healthy Nutella recipes. Your effort to make thoughtful, nourishing choices in your kitchen speaks volumes about the love and care you pour into your family's well-being. Every small swap you make, every ingredient you choose with intention, is a step toward a healthier, happier life for you and your loved ones.

Motherhood is a beautiful, challenging journey, and it's inspiring to see so many moms dedicated to creating a better balance in their lives. Remember, your efforts matter, and the changes you make—however small they may seem—create lasting ripples in your family's health and happiness.

If you'd like more tips on providing a healthier diet for your family or reducing kitchen stress, I invite you to follow my Instagram page, where I share practical advice on nutrition, stress management for mothers, and useful tools for everyday life.



Additionally, my coaching program, Path to Calm and Connection, is now accepting new clients. This program is designed to help rundown moms stop losing their temper, bring peace and structure to their homes, and create a happier family life through holistic approaches.

I only work with five moms at a time to ensure every client receives personalized attention. If you're interested, let's chat to see how I can support you and whether we're a good fit for each other. Together, we can make motherhood a more joyful, connected experience.

You can find me both on Instagram and Facebook, or get in touch through my email: balancedbyeva@gmail.com.

Thank you for everything you do, and remember—you are doing an amazing job.

With love and support
Eva



THE MAGIC OF MOTHERHOOD





Hello, I'm Eva,

a certified Yoga Teacher and Integrative Nutritional Health Coach. My journey into the healing arts began in 2008 during a personal crisis, leading me to discover the restorative power of yoga. Over the years, I've accumulated over 500 hours of certification in various styles, including Hot Yoga, Vinyasa, Pregnancy, Postpartum Yoga, and Yoga Trapeze.

Motherhood brought new challenges, especially during my second pregnancy amidst the isolation of a global pandemic. This intense period of burnout led me to the Institute for Integrative Nutrition (IIN), where I found not only a new career path but a calling to support other mamas like me.

I blend ancient wisdom with modern wellness practices to nourish and support every aspect of a mother's life. I offer personalized coaching, online courses, and interactive sessions, all designed to help moms to thrive.

Join our community and discover the transformative power of mindful motherhood.

With love and support
Eva



Imprint

TEXT AND CONTENT BY:

Eva Szollar

Certified Integrative Nutritional Health Coach

Certified Yoga Teacher

Mother of 2 girls

ART & DESIGN BY:

Hajni Kornacker

Visual Artist – Graphic designer

www.hajnikornacker.com

PHOTO CREDIT:

Eva Szollar

Canva



© All rights reserved, except for those granted under copyright law