



Healthy Halloween Recipes



Contents



Apple Bites.....3

Carrot Fingers.....3

Creepy Cheesy Fingers4

Creepy Eyeballs.....4

Eyeballs You Can Eat.....5

Goblin Smiles.....5

Dried Fruit Eyeballs6

Watermelon Brains6

Monster Avocado Dip6

Healthy Jack O'Lantern.....7

BONUS 1 How to Make Apple Teeth.....8

BONUS 2 How to Make Banana Ghosts on a Stick.....9

BONUS 3 How to Make Deviled Eyeballs.....10

Healthy Halloween Tips.....12

How You Can Have a Healthier Halloween.....13

Halloween Health 101.....14

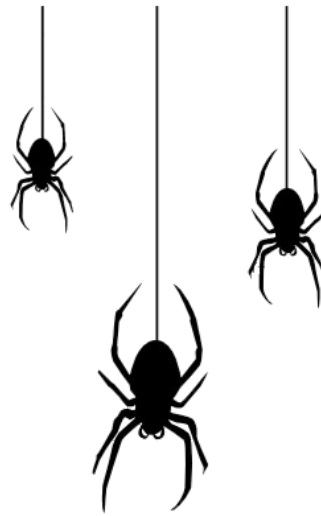
Apple Bites

Ingredients:

- Apples
- Almond slivers

Directions:

1. Cut apples into quarters.
2. Cut a wedge from the skin side of each quarter.
3. Press almond slivers into apple to resemble teeth.
4. If apple bites will not be served right away, use orange juice to baste them and keep them from turning brown.



Carrot Fingers

Ingredients:

- Vegetable dip
- 4 long carrots
- 1 medium carrot
- Cream cheese, softened
- Baby carrots

Directions:

1. Fill a serving bowl with vegetable dip.
2. Wash and peel the 4 long carrots (fingers) and one medium carrot (thumb).
3. Using a paring knife, cut a flat, shallow notch in the tip of the carrots.
4. Using a small amount of dip or cream cheese, “glue” the sliced almond fingernail to the top of each carrot.
5. Stick the “fingers” in the vegetable dip.
6. Serve with baby carrots for dipping.



Creepy Cheesy Fingers



Ingredients:

- Mozzarella string cheese
- Green bell pepper
- Cream cheese



Directions:

1. Cover your hands with plastic gloves or sandwich bags (this helps keep the cheese sticks from smudging).
2. Using a paring knife, cut each string of cheese in half.
3. Carve out a shallow area for the fingernail at the end.
4. Using the paring knife, mark the joint below the nail and mark the knuckle joint by making horizontal marks with the knife.
5. Slice a green bell pepper into 3/8" wide strips. Trim the pulp so that it is half as thick as normal.
6. Cut the pepper chunks into ragged nail shapes and stick them onto the ends of the cheese stick fingers using cream cheese.

Creepy Eyeballs



Ingredients:

- 4 eggs
- 4 teaspoons low-fat or fat-free mayonnaise
- Dab of mustard
- 8 black olives

Directions:

1. Place eggs in small saucepan and cover with cold water. Bring to a boil for one minute, then turn heat off. Cover pan and let eggs sit for 12 minutes.
2. Drain the hot water and run cool water over eggs.
3. Peel the eggs. Slice eggs in half lengthwise.

WOW! WEIGHT LOSS

4. Scoop out yolk and place in a bowl.
5. Add mayonnaise and mustard, and mix well with a fork.
6. Spoon the egg mixture back into the eggs.
7. Top each egg half with a black olive.

Eyeballs You Can Eat

Ingredients:

- Carrots
- Cream cheese
- Black olives

Directions:

1. Slice carrots into 1-inch chunks.
2. Top each slice with a dab of cream cheese.
3. Add half of a black olive to the top of each carrot and cream cheese structure.



Goblin Smiles

Ingredients:

- Pea pods
- Red bell pepper
- Slivered almonds

Directions:

1. Using a paring knife, cut a slit in the center of a pea pod.
2. Using a paring knife, cut a tongue-shaped red bell pepper chunk.
3. Insert the top of the red bell pepper into the opening of the pea pod. The effect is best if the inside of the pepper is facing up.
4. Insert several slivered almonds into the pea pod to resemble teeth.



Dried Fruit Eyeballs

Ingredients:

- Apple rings
- Dried apricots
- Raisins



Directions:

1. Flatten two dried apple rings to form one pair of eyes using the palm of your hands or a flat bottomed bowl or glass.
2. Slice a dried apricot through the middle, making two circular halves.
3. Press one half, sticky side down, onto each apple ring over the hole.
4. Cut raisins in half and press one half on each apricot to make the pupils.

Watermelon Brains

Ingredients:

- Small seedless watermelon



Directions:

1. Peel the green rind entirely from a small seedless watermelon, to expose the inner white rind.
2. Slice the bottom of the melon to make a flat surface.
3. Using a toothpick, carve squiggly lines in the melon to look like the furrowed surface of a brain.
4. Using a paring knife, carve the lines into shallow channels that reveal the pink flesh underneath the rind.



Monster Avocado Dip



Ingredients:

- 4 ripe avocados
- 1/3 cup tomato salsa
- 1/4 cup light or fat-free sour cream
- 2 teaspoons lemon juice
- 1/2 teaspoon salt

Directions:

1. Cut the avocados in half and remove pits.
2. Remove the flesh from the avocado skin and place into a medium sized bowl.
3. Mash the avocado with a fork.
4. Mix in sour cream, salsa, lemon juice and salt.
5. Stir well and serve with whole wheat tortilla chips and cut up veggies.

Healthy Jack O'Lantern



Ingredients:

- Navel oranges
- Fresh fruit salad
- Green plastic spoon

Directions:

1. For each lantern, cut off the top of a navel orange using a small knife.
2. Hollow out the orange.
3. Chop up the scooped out sections of orange for the fruit salad.
4. Carve jack o'lantern features into the orange.
5. Fill the orange with fruit salad.
6. Stick in green plastic spoon to resemble a stem.





BONUS 1

How to Make Apple Teeth

Kind of creepy, but very healthy, these treats are sure to get your guests talking. All you need is an apple and a few slivered almonds and you can create your own grotesque teeth too.

Supplies Needed:

- 1 apple (makes 4 sets of teeth)
- Sliced almonds

Also, keep on hand a knife and cutting board.

Step 1: Cut and Prepare the Apple

- Start by slicing the apple in half.
- Then cut the two pieces in half, creating 4 quarters.
- Use the knife to remove stems, cores and other desired bits of the apple.
- Now proceed to slice a wedge out of the front of each piece of apple. This will form the shape of the mouth.

TIP: If you aren't serving the apples right away, soak the apples in lemon or orange juice to prevent browning.

Step 2: Add Teeth

- Now start placing almond slices on the top and bottom of the wedge. There is no right or wrong way to place the almonds as these are meant to be spooky teeth. Just have fun with it!
- Repeat the process for all the teeth. Then place on a festive plate and serve.





BONUS 2

How to Make Banana Ghosts on a Stick

A nice change from over-sugared treats, these are very simple and a whole lot of fun. Just some bananas, skewers and a few drops of icing and you're good to go.

Supplies Needed:

- Bananas (1 banana per 2 treats)
- Wooden skewers
- Icing
- Knife
- Cutting board

Step 1: Peel and Cut the Bananas

- To get ready, peel and cut each banana in half.

Step 2: Skewer the Bananas

- Put a skewer through each banana. Put the skewer through the bottom, being careful not to poke it out the top.

Step 3: Make Your Ghost Face

- Use the icing to make a ghost face on your banana.
- Repeat for all the bananas and serve.





BONUS 3

How to Make Deviled Eyeballs

A spooky spin on traditional deviled eggs, these snacks are sure to delight your Halloween guests.

Supplies Needed:

- 6 eggs
- 1/4 cup mayonnaise
- 1/2 teaspoon of vinegar
- 1 teaspoon mustard
- Salt and pepper
- Green food coloring
- Sliced black olives
- Red food coloring



Also, keep on hand a pot to boil the eggs, a small bowl, fork, spoon, cutting board, knife and a toothpick.

Step 1: Hard Boil the Eggs

- Place the eggs in a small pot and cover them with water. Place on high heat on the stove. Once the water starts to boil, set the timer for about 12 minutes, so the yolks will be hard.
- Once you have finished boiling the eggs, run cold water over them in the pot and let the eggs cool down. This will make it easier to peel the eggs.

Step 2: Peel the Eggs

- Next peel the all the eggs. Discard the shells and place the peeled eggs aside.

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Step 3: Slice Eggs

- Now you're ready to slice the eggs. Slice each one lengthwise.

Step 4: Remove Yolks

- Carefully remove the yolks from each egg half. You can use your finger to gently push the yolk out.

Step 5: Prepare the Filling

- Start by mashing the yolks with a fork.
- Mash until the yolks are completely crumbly in texture. Next, add $\frac{1}{4}$ cup mayonnaise.
- Next add $\frac{1}{2}$ teaspoon of vinegar.
- Then add 1 teaspoon of mustard.
- Add salt and pepper to taste.
- Then mash until creamy in texture.
- Now add 2-3 drops of green food coloring.
- Continue to stir the mixture until the coloring is evenly distributed.

Step 5: Assemble the Eggs

- Now you're ready for the final preparation of your eggs. Start by spooning the green mixture into each of the eggs.
- Then add a sliced olive to the middle of the green mixture, to create the appearance of the iris.
- Then place a small amount of red food coloring at the end of a toothpick and make small lines on the egg white to mimic bloodshot eyes.
- Repeat for all the egg and place on a festive plate to serve.





Healthy Halloween Tips

Many people believe the concept of "healthy Halloween" is a classic oxymoron. It's true that once we all were children who loved Halloween and collecting all the candy we could fit into our treat bag. But parents who want their children to have healthy teeth and bodies may take one for the team and risk being regarded as "Halloween Scrooges" in an effort to minimize the impact of Halloween on their kids and the environment. Here are a few ways to help your family have a healthier Halloween:

- **Feed your children a healthy meal before they head out for trick-or-treating, this will help prevent them from eating the candy simply because they are hungry.**
- **Instead of candy, hand out small treats like yo-yos or temporary tattoos.**
- **Healthy alternatives may include dried fruit snacks, granola, or trail mix.**
- **Allowing the occasional candy treat for your kids is okay, as long as they do not overindulge.**
- **Help prevent overindulging by hiding the candy and allowing only small amounts at once, or offering the candy as a dessert after a healthy snack like chopped veggies or fruit.**
- **Be clear with your kids about the limits, and emphasize that you are trying to keep them healthy. Forbidding the candy completely may lead to having your kids sneak or hide the candy, so explain the importance of healthy choices and moderation.**

These are only a few suggestions to help make Halloween a little healthier for your family! Most importantly, remember that everyday healthy choices make for the healthiest kids, and the occasional slip-up or indulgence is not the end of the world—just make up for it with extra healthy choices afterwards!





How You Can Have a Healthier Halloween

Gone are the days of trick-or-treating for endless hours and coming home with a bag of loot almost too heavy to carry. Many people are opting for healthier choices these days, and experiencing many health benefits. When Halloween comes around each year, many parents struggle to maintain the healthy habits that they have helped their children develop. Parents don't generally want to be viewed as "Halloween Scrooges," yet they want to limit the sugar that their kids eat.

Too many kids still eat more sugar than ever. This leads to a high consumption of high fructose corn syrup, which is known to be a leading contributor to childhood obesity. High fructose corn syrup is made from genetically modified corn and enzymes, and comes with plenty of nutritional pitfalls. Reducing the amount of high fructose corn syrup that your children consume should be a priority.

The key to a healthy Halloween is compromise. Kids are exposed to so much media hype and so much peer pressure that they can be easily lured into making unhealthy choices when it comes to snacks. Compromise with your kids and allow a small amount of the highly-coveted sugary stuff in exchange for several good choices. By allowing small amounts and monitoring the consumption of sugary snacks carefully, you can help prevent obesity and tooth decay, as well as many other potential unhealthy side effects—while keeping your kids happy.

Parents should be prepared for a possible negative reaction from their kids when they limit the Halloween candy. Some parents opt to allow small amounts of Halloween candy for the first few days after the holiday and then simply throw out the leftovers. Some parents opt to store some candy in the freezer, so that it can be enjoyed at a later date and spread out over a longer period of time—this helps to avoid the possibility of bingeing right after Halloween.

Offering other types of treats in lieu of Halloween candy is another popular option. Instead of a bagful of candy, you can put together a basket of fun and active toys, like balls, Frisbees or other simple things that encourage kids to be more active. When kids are active and having fun, the loss of Halloween candy is quickly forgotten!

Fortunately, there are plenty of options when it comes to limiting Halloween candy for your kids. While it may seem "unfair" or "mean" to your kids, parents are responsible for helping children learn to make healthy choices. Rather than pile on the candy, find some fun and healthy Halloween recipes that incorporate fruits and veggies instead of candy—yet make them in fun eyeball

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shapes or design a healthy “graveyard” using hummus, guacamole and plenty of cut up veggies for tombstones. When you can make healthy foods fun, you will find that your children are more likely to choose them.

The long term benefits of limiting excess sugar and additives from the diets of children are countless. Teach your children about healthy choices at a young age and you can help prevent many of the possible diseases and chronic conditions that could develop later as a result of poor habits.



Halloween Health 101!

Halloween may present a special challenge for parents, with the sudden huge influx of sugary snacks into the house. Limiting the amount of junk that your kids eat is important, but helping them learn how to make healthy choices is even more important.

Many parents are very creative when it comes to limiting their child's intake of Halloween candy. Feeding kids before trick-or-treating can help because if the kids are full, they are less likely to binge on the candy right away.

It is important to be clear with your children about the limits surrounding their Halloween candy. Be clear that you are not taking the candy away as a punishment, but as a way to support them in making healthy food choices. By compromising and allowing small amounts, you may be able to significantly limit the candy and help your children learn how to enjoy some “forbidden” foods in moderation.

Instead of focusing on the candy, use healthy foods to celebrate the Halloween season. Plenty of healthy recipes that use fruits and veggies can be found, and when kids are eating festive, fun foods (even when they are made from veggies), they will learn to enjoy their healthy choices. Avoid having the excess candy in house by purchasing candy you may hand out at the last minute and getting rid of any leftovers—don't let your kids see you binging on the sugary stuff! Not only will you regret it, you are setting a terrible example.

Some parents try a “buy back” plan for Halloween candy. Many kids are motivated by getting a few bucks, so you might want to consider buying their candy from them. The less they eat, the more money they can get, if you work out a certain price per pound!

Keeping plenty of tasty and nutritious snacks on hand will help kids get full of healthy foods, rather than reach for the candy when they want a snack. The

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occasional Halloween treat is not terribly harmful if they have filled up on good foods first.

Negotiate the limits and enforce them. Kids often need plenty of guidance when it comes to the temptations of Halloween candy. Be sure that you are focusing on the positive effects of not eating the candy, rather than using it as a punishment. When kids feel that they somehow got “ripped off” by having no Halloween candy, then they are more likely to sneak or stash the candy somewhere and rebel a bit at other healthy choices.

Use your best parental judgment when it comes to limiting your child’s Halloween candy. Offer plenty of healthy alternatives. If you are truly worried about your child’s obesity or other health condition, you must take the limits far more seriously. However, if your child has learned the value of making healthy choices, then you can allow them to continue to do so and they will probably eat very little Halloween candy on their own.

To set a good example, you can hand out healthier alternatives to Halloween candy to the trick-or-treaters that come to your house—think whole wheat crackers, pretzels, stickers, granola, pumpkin or sunflower seeds or other healthy, tasty treats.

