

FAVEDIETS 

22 Healthy HALLOWEEN RECIPES



How to make fun foods for Halloween

How to Make Fun Foods for Halloween: 22 Healthy Halloween Recipes

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

With ghosts and goblins galore, Halloween is definitely the spookiest day of the year. For those trying to eat healthy, Halloween is an especially scary time of year, as we are all surrounded by high fat, high sugar Halloween foods.

Fear not, for FaveDiets.com has assembled this brand new healthy recipe eCookbook, *How to Make Fun Foods for Halloween: 22 Healthy Halloween Recipes*. With so many healthy Halloween recipes to choose from, this free eCookbook has everything you need to avoid temptation this Halloween.

We have assembled some of the best healthy Halloween recipes around, including Fun Halloween Pumpkin Recipes, Halloween Party Snacks and Easy Halloween Cakes and Cupcakes. We have everything from "Handy" Halloween Popcorn, Candy-tastic Halloween Cake, Halloween Flesh Jello, plus a whole lot more.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in delicious healthy Halloween recipes!

For additional breakfast recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy easy breakfast recipes!

Sincerely,

The Editors of FaveDiets

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Fun Halloween Pumpkin Recipes

Hearty Pumpkin Soup



Description

Try Hearty Pumpkin Soup for a low-fat, tasty meal. This pumpkin soup recipe is amazing when served with whole-grain rolls or muffins!

Serves: 4

Preparation Time: 10 min

Cooking Time: 25 min

Ingredients

- 2 pounds whole pumpkin (or other winter squash)
- 1 onion, chopped
- 2 cups chicken or vegetable stock
- 1 tablespoon mild chili powder
- 1 cup white beans, cooked
- 1 cup frozen lima beans
- 1 cup brown rice, barley, or other cooked grain
- 1 cup fresh or frozen corn kernels
- Salt and pepper to taste

Instructions

1. To prepare pumpkin: Puncture pumpkin's skin with a knife or fork in several places and place in microwave for 3 to 6 minutes, until it is soft enough to cut in half. Cut in half and cool, if necessary, before scraping out seeds.
2. Bring 1/4 cup of stock to a boil and add onions. Cook for 5 - 10 minutes.

Recipes

3. Stir in the rest of stock, the seasonings and white beans. Simmer gently until the pumpkin is ready.
4. Scoop the soft pumpkin flesh out of the shell and stir into the soup.
5. Add lima beans corn and grains and simmer 10 minutes or until beans and corn are tender.

Recipes

Indian-Style Pumpkin Soup

Description

Combine the heartiness of pumpkin with the spicy tang of curry powder with this recipe for Indian-Style Pumpkin Soup. This pumpkin soup recipe is great warm or cold, ideal for any season.

Serves: 8

Ingredients

- 1 tablespoon margarine or butter substitute, softened
- $\frac{1}{2}$ cup onion, chopped finely
- 1 garlic clove, well minced
- $\frac{1}{2}$ pound mushrooms, sliced
- 2 tablespoons whole wheat flour
- 1 teaspoon curry powder or garam masala
- 2 cups low sodium chicken stock
- 1 14-ounce can pumpkin, or 2 cups fresh pumpkin, cooked
- 1 tablespoon honey
- Freshly grated nutmeg, to taste
- 2 cups skim milk

Instructions

1. In large saucepan, melt margarine over medium heat; cook onion, garlic and mushrooms for 8 to 10 minutes or until softened.
2. Stir in flour and curry powder; cook for 1 minute over low heat, stirring, until well blended.
3. Gradually add stock, whisking until smooth.
4. Stir in pumpkin and honey; season with nutmeg to taste.
5. Cook over low heat for 15 minutes, stirring occasionally.
6. Add milk and heat until hot.

Notes

Indian-Style Pumpkin Soup tastes even better after having been chilled overnight.

Recipes

Pumpkin Oat Pancakes



Description

Pumpkin isn't just for Halloween; it's great in food year-round! These pumpkin pancakes will give you a healthy start to your day, but they are still moist and delicious! Top with cinnamon and chocolate chips even on the busiest of days.

Serves: 6

Preparation Time: 10 min

Cooking Time: 10 min

Ingredients

- 1 cup all-purpose flour
- 1 cup quick-cooking oats
- 2 tablespoons wheat germ
- 2 teaspoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 pinch ground cinnamon
- 1 cup milk
- 1 egg, lightly beaten
- 3/4 cup canned pumpkin
- 2 tablespoons vegetable oil
- chocolate chips or raisins (optional)

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Recipes

Instructions

1. In a bowl, combine the flour, oats, wheat germ, sugar, baking powder, salt and cinnamon.
2. Combine milk, egg, pumpkin and oil in separate bowl; stir into dry ingredients just until moistened.
3. Pour batter $\frac{1}{4}$ cup at a time onto a hot greased griddle; turn when bubbles form on top of pancakes.
4. Cook until second side is golden brown. Decorate with chocolate chips and raisins if desired.
Yields 10-12 pancakes

Recipes

Pumpkin Black Bean Soup

Description

For a festive fall pumpkin soup recipe, whip up this tasty Pumpkin Black Bean Soup. Black beans and cumin give this healthy and easy pumpkin soup recipe a distinctive Southwestern tang.

Ingredients

- 4 1/2 cups canned black beans, thoroughly rinsed and drained
- 1 cup canned tomatoes, drained and chopped
- 1 1/4 cups onion, finely chopped
- 1/2 cup shallot, well minced
- 4 cloves garlic, minced
- 1 tablespoon plus 2 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon black pepper, freshly ground
- 1/4 cup butter substitute
- 4 cups reduced sodium beef broth
- 1 1/2 cups pumpkin, pureed
- 1/2 cup dry sherry
- 1/2 pound cooked lean ham, cut into 1/8-inch cubes
- 3 tablespoons sherry vinegar
- Fat free sour cream, to taste
- Pumpkin seeds, lightly toasted (optional)

Instructions

1. In a food processor, coarsely puree beans and tomatoes.
2. In a 6-quart heavy kettle, cook onion, shallot, cumin, salt and pepper in butter substitute over medium heat, stirring until onion has softened and begun to brown.
3. Once onions have softened, stir in bean puree. Then, stir in broth, pumpkin, and sherry until combined.
4. Simmer the mixture, uncovered, for 25 minutes, stirring occasionally. Just before serving, add ham and vinegar, and stir until heated through.
5. Season soup with salt and pepper. Garnish with dollop of sour cream and toasted pumpkin seeds if desired.

Notes

This recipe makes about 9 cups.

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Recipes

Halloween Party Snacks

Hot Roasted Pumpkin Seeds

Description

This recipe shows that healthy afternoon snacks don't have to be bland. Garlic, seasoning and red pepper give Hot Roasted Pumpkin Seeds enough kick and fire to get you through the rest of your day!

Cooking Time: 75 min

Ingredients

- 2 cups pumpkin seeds
- 2 teaspoons garlic salt
- 2 teaspoons garlic powder
- 1 package Goya Azafran Seasoning
- 1-2 tablespoons crushed red pepper in brine
- 2 tablespoons butter

Instructions

1. Mix all ingredients except butter, and marinate for at least 2 hours.
2. Add butter and mix well.
3. Place on greased cookie sheet and bake in a preheated 250 degrees F oven for 75 minutes, turning once.

Recipes

Spicy Glazed Pumpkin Seeds

Description

Add an ultra-flavorful kick to your snacking routine with this fun healthy snack. This creative snack recipe combines your favorite spices to make a delicious snack everyone will love. One of the best fun healthy kids snacks around.

Ingredients

- 1 cup pumpkin seeds
- 5 tablespoons sugar
- $\frac{1}{4}$ teaspoon coarse salt
- $\frac{1}{4}$ teaspoon cumin, ground
- $\frac{1}{4}$ teaspoon cinnamon, ground
- $\frac{1}{4}$ teaspoon ginger, ground
- 1 pinch cayenne pepper, or to taste
- 1 $\frac{1}{2}$ tablespoons peanut oil

Instructions

1. Heat oven to 250 degrees F. Line a baking sheet with parchment paper.
2. Spread seeds on parchment in an even layer. Bake until dry, stirring occasionally, about 1 hour. Let cool.
3. In a medium bowl combine 3 tablespoons sugar, salt, cumin, cinnamon, ginger, and cayenne.
4. Heat peanut oil in a large nonstick skillet over high heat. Add pumpkin seeds and 2 tablespoons sugar. Cook until sugar melts and the pumpkin seeds begin to caramelize, about 45 to 60 seconds.
5. Transfer seeds to bowl with spices and stir well to coat. Let cool.

Notes

These may be stored in an airtight container for up to 1 week.

Recipes

Gummy Bears

Description

Know what gummy bears are made of and make them healthier with homemade gummy bears. If you've ever wondered what do gummy bears contain, then find out with this recipe for gummy bears.

Ingredients

- 3 ounces box jello
- 7 envelopes unflavored gelatin
- $\frac{1}{2}$ cup water

Instructions

1. Mix in a saucepan until the mixture resembles play dough.
2. Place pan over low heat and stir until melted.
3. Once completely melted, pour into plastic candy molds, and place in the freezer for 5 minutes.
4. When very firm, take out of molds and eat! Have fun!

Recipes

Red Licorice Candy Bars

Description

Is licorice good for you? It can be with this licorice recipe. Learn how to make licorice with this homemade licorice recipe for licorice candy.

Ingredients

- 4 envelopes Knox gelatin
- 3 envelopes diet cherry Jell-O
- 4 cups water
- 2 teaspoons anise extract

Instructions

1. Soften unflavored gelatin in 1/2 cup cold water.
2. Bring remaining water to boil and dissolve both gelatins in the boiling water.
3. Add flavoring and pour into 9 x 13-inch pan.
4. Refrigerate. When firm, cut into squares.

Recipes

Dark Chocolate and Cereal Snack Mix

Description

This fun snack for kids proves that sweet and decadent can be healthful and nutritious too. From antioxidants to protein, this creative snack for children provides an assortment of essential nutrients.

Ingredients

- 1 box of multigrain Chex cereal
- 1 large jar of dry roasted peanuts
- 1 small bag of pretzel twists
- 2 packages of dark chocolate chips
- $\frac{1}{4}$ cup light oil

Instructions

1. Mix together the cereal, nuts and pretzels.
2. Melt the chocolate with the oil over lowest heat on a stovetop.
3. Pour the melted chocolate evenly over the dry mixture.
4. Place in a pan and freeze firm.
5. Break apart mixture and place into a serving container.

Recipes

"Handy" Halloween Popcorn

Description

For a fun and festive take on Halloween party snacks, make this recipe for "Handy" Halloween Popcorn. This is one of the more silly Halloween recipes out there because the final product is a big edible hand! Quite handy, eh?

Ingredients

- Clear plastic kitchen gloves
- Air-popped popcorn
- Orange yarn
- Plastic spider rings
- Candy corn

Instructions

1. Fill clear plastic kitchen gloves with the air-popped popcorn. Tie glove at wrist with yarn.
2. Put spider rings on the fingers of the popcorn-filled gloves. Mix popcorn with candy corn, placing candy corn in fingers to resemble fingernails if desired.

Notes

If you are worried about your sugar intake, omit the candy corn from the recipe.

Recipes

Cinnamon Raisin Trail Mix

Description

For hikes and other active days, mix up a tasty trail mix to keep you going. This slightly sweet mix is a joy to snack on.

Cooking Time: 10 min

Ingredients

- 2 cups toasted oat cereal
- 2 cups hexagon-shaped corn cereal
- 2 cups pretzel bits
- $\frac{3}{4}$ cup raisins
- $\frac{1}{2}$ cup sunflower seeds
- 2 tablespoons reduced fat margarine
- 2 tablespoons brown sugar
- 1 tablespoon cinnamon

Instructions

1. In a large bowl combine the cereals, pretzel bits, raisins and sunflower seeds. Toss gently.
2. Melt margarine in a microwave or saucepan and stir in brown sugar and cinnamon. Pour over the cereal mixture. Toss to coat.
3. Bake 8-10 minutes in a 350 degree F oven.

Recipes

Easy Halloween Cakes and Cupcakes

No-Bake Pumpkin Cake

Description

Cut out calories and fat to make a vegan desserts recipe that lets you have seconds. Welcome to the best of free vegan recipes. Pumpkin and tofu meld together to form a level of flavor other very easy dessert recipes can only dream to accomplish.

Serves: 10

Ingredients

- 2 tablespoons plus 1/4 cup almond butter
- 2 tablespoons plus 1 cup water
- 6 ounces graham crackers
- 2 cups pumpkin, cooked and pureed
- 1 package silken tofu, firm
- 2/3 cup maple syrup
- 1 tablespoon pumpkin pie spice
- 1 1/2 tablespoons agar powder

Instructions

1. Lightly oil a 12 inch spring form pan and set aside. Mix together 2 tablespoon almond butter and 2 tablespoon water. Set aside.
2. In a food processor, grind graham crackers into fine crumbs. Transfer to a large bowl and mix in the prepared almond butter-water mixture until coarse crumbs are formed. Press firmly into bottom of prepared pan and set aside.
3. Puree pumpkin, tofu, maple syrup, 1/4 cup almond butter and spice. Set aside.
4. Meanwhile, simmer 1 cup water and agar in a small saucepan for 3 to 5 minutes, whisking constantly.
5. Immediately add to pumpkin mixture and blend until smooth.
6. Pour this mixture into the crust and smooth the top. Chill overnight.

Recipes

Not from Scratch Organic Pumpkin Cupcakes with Mango Icing

Description

Looking for some creative ideas for cupcakes? Then give these Not from Scratch Organic Pumpkin Cupcakes with Mango Icing from Square One Organics a try today!

Serves: 20

Ingredients

PUMPKIN CUPCAKE INGREDIENTS:

- 1 box Dr. Oetker Organics Vanilla Cake Mix
- 4 Square One Organic Pumpkin Puree Cups, 2 twin packs - thawed

MANGO ICING INGREDIENTS:

- 1 box Dr. Oetker Organics Vanilla Icing Mix
- 2 Square One Organic Mango Puree Cups (1 twin pack - thawed)

Instructions

1. To make the cupcakes, follow the directions for Dr. Oetker Cupcakes and fold in 4 Square One Organic Pumpkin Puree Cups at the end of the mixing process. Follow baking instructions.
2. For the icing, follow the directions for Dr. Oetker Vanilla Icing Mix. Reduce water to 1 tablespoon. Fold in 2 Square One Organic mango Puree Cups.

Recipes

Candy-Tastic Halloween Cake

Description

If the kids just have to get their sweet candy fix on Halloween, then at least you know what's in this Candy-tastic Halloween Cake. This is one of the sweetest easy Halloween recipes you and the kids will try.

Ingredients

- 1 cup raw peanuts, home roasted
- $\frac{3}{4}$ cup white whole wheat flour
- 6 eggs, or equivalent egg substitute
- 2 egg yolks
- 1 cup light brown sugar, firmly packed
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup creamy all-natural peanut butter
- $\frac{1}{2}$ cup butter substitute suitable for baking
- 5 tablespoons powdered sugar substitute
- $\frac{1}{2}$ cup skim milk
- 5 1.8-ounce packages organic peanut butter cups, chopped finely
- 1 $\frac{1}{2}$ cups chilled skim milk
- 3 tablespoons light brown sugar
- $\frac{1}{2}$ cup unsalted roasted peanuts, coarsely chopped
- 3 2.1-ounce Butterfinger bars, cut into $\frac{3}{4}$ -inch wedges
- $\frac{1}{2}$ cup organic peanut butter chips

Instructions

Cake

1. Preheat oven to 375 degrees F. Butter and flour two 9-inch round cake pans.
2. Grind raw peanuts and $\frac{3}{4}$ cup flour in a food processor until fine.
3. Using mixer, beat eggs, yolks, sugar and vanilla extract in large bowl until the mixture whitens and triples in volume. Fold in nut mixture.
4. Divide batter between prepared pans and smooth tops.
5. Bake until toothpick inserted in center comes out clean, about 20 minutes or so. Cool cakes in pans on a rack.

Recipes

Filling and Topping

1. Blend peanut butter, butter and sugar substitute in processor until smooth.
2. With machine running, add skim milk through feed tube and blend until mixture is light and fluffy.
3. Invert cakes onto work surface. Using serrated knife cut each cake into 2 layers.
4. Place 1 cake layer on platter, cut side up. Spread with 1/3 of filling and sprinkle with 1/3 of chopped peanut butter cups.
5. Top with second cake layer, cut side down. Continue layering with remaining filling, peanut butter cups and cake, ending with cake, cut side down.
6. For topping, beat cold skim milk, sugar substitute and vanilla in large bowl until almost stiff. Transfer 1/2 cup to small bowl and reserve for garnish.
7. Press nuts around base of cake forming a 1.5-inch high border. Cover top of cake with Butterfingers leaving 1/2-inch border, if desired. Garnish with peanut butter chips.

Recipes

Super Easy Pumpkin Cake

Description

Now that Bisquick has a heart-healthy version, delicious homemade Bisquick recipes can actually be good for you. This is one of the easiest and sweetest recipes using Bisquick you will ever try!

Cooking Time: 50 min

Ingredients

- 3 cups HeartSmart Bisquick baking mix
- 1 cup sugar substitute suitable for baking
- 1 cup brown sugar, packed
- $\frac{1}{4}$ cup + $\frac{1}{3}$ cup butter substitute suitable for baking
- 4 eggs, or equivalent egg substitute
- 2 cups pumpkin
- $\frac{1}{4}$ cup skim milk
- 2 teaspoons cinnamon
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{4}$ teaspoon cloves
- $\frac{1}{4}$ teaspoon nutmeg
- 2 cups powdered sugar substitute
- 1 $\frac{1}{2}$ teaspoons vanilla extract
- 2 tablespoons hot water

Instructions

1. Heat oven to 350 degrees F. Grease and flour a 12-cup Bundt cake pan.
2. Beat Bisquick, sugar substitute, brown sugar, $\frac{1}{4}$ cup butter substitute, cinnamon, cloves, ginger, nutmeg, skim milk, eggs and pumpkin in large mixer bowl on low speed, scraping bowl several times, for about 30 seconds. Beat on medium speed, scraping bowl occasionally, for three minutes.
3. Spread batter in pan. Bake until wooden pick inserted in center comes out clean, about 50 minutes. Cool 10 minutes.
4. Remove from pan. Cool completely. Drizzle with glaze. For glaze, heat $\frac{1}{3}$ cup butter over medium heat until delicate brown. Blend in powdered sugar and vanilla. Stir in enough hot water to make proper consistency for drizzling over cake, usually about two to three tablespoons.

Recipes

Pumpkin Halloween Cake

Description

Need some easy Halloween recipes? Let this Pumpkin Halloween Cake recipe get you started! This fun and festive cake is great for any time of year!

Ingredients

- 2 boxes all-natural cake mix, prepared according to package directions
- 2 cans low sugar white frosting, or more
- Orange, green and black food coloring

Instructions

1. Prepare two cakes in bundt pans according to package directions. Cool completely.
2. Color most of the frosting a deep orange, reserving about 1/2 cup, which should be colored black, or you may use dark chocolate fudge frosting, also reserving a couple of tablespoons to tint green and frost the cupcake.
3. Place one bundt cake upside down (rounded side on the bottom) on cake plate; frost top only. Place second bundt cake flat-side down on top of first cake. Frost entire cake with orange frosting, making up and down motions with spatula to simulate a pumpkin.
4. Insert green frosted cupcake in the middle of the top of the cake to make the stem, if desired.
5. Use black frosting to make a face. Black rope licorice can also be used. You may use leftover chocolate crumbs, chocolate sprinkles or crushed low fat chocolate cookies to sprinkle around the cake on the platter to resemble soil if desired.

Notes

To make a pumpkin patch cake, use a regular ice cream cone for the stem of the pumpkin, covered with frosting, and color coconut an orange-brown color and scatter it around the bottom of the cake. Also, you can use candy corn and licorice to make the face. Remember that you can do the same cake for Thanksgiving, just leave off the face!

Recipes

Pumpkin Chocolate Muffins



Description

Whether for fall or year-round, this chocolate muffin recipe is simply irresistible. In the world of chocolate muffin recipes, this may be the best muffin recipe because it has the goodness of pumpkin.

Yields: 12

Cooking Time: 20 min

Ingredients

- 1 1/2 cups flour, all purpose or white whole wheat
- 1/2 cup sugar substitute suitable for baking
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup skim milk
- 1/2 cup solid pack pumpkin (such as Libby's)
- 1/4 cup butter substitute, melted
- 2 egg whites
- 1 6-ounce package of semi-sweet chocolate chips or carob chips
- 1/4 cup nuts, finely chopped

Instructions

1. Preheat oven to 400 degrees F.
2. In large bowl, combine flour, sugar substitute, baking powder, cinnamon and salt, and make a well in the center.
3. In a small bowl, combine milk, pumpkin, butter and egg whites. Add to well in flour mixture. Add chips; stir until dry mixture is moistened.

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Recipes

4. Spoon mixture into greased muffin cups, filling each 3/4 full. Sprinkle 1 teaspoon of nuts over each muffin.
5. Bake at 400 degrees F for 18 to 20 minutes.
6. Cool five minutes, remove from pans, and then completely cool on racks.

Recipes

Healthy Halloween Recipes for Sweets

Halloween Pumpkin Spice Cookies



Description

Now that Halloween is coming around the corner, this is a perfect recipe for you to have in your cookbook. These pumpkin spice cookies are great for the chilly weather.

Serves: 36

Preparation Time: 10 min

Cooking Time: 24 min

Ingredients

- 2 1/2 cups flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 teaspoons pumpkin pie spice
- 1 cup dark brown sugar
- 1/2 cup sugar
- 3/4 cup salted butter, softened
- 1 large egg
- 1 cup pumpkin
- 1 teaspoon vanilla
- 1 cup raisins
- 1/2 cup chopped walnuts

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Recipes

Instructions

1. Preheat oven 300 degrees F. In medium bowl combine flour, soda, salt, and pumpkin pie spice.
2. Mix well with wire whisk and then set aside.
3. In large bowl blend sugars with mixer set at medium speed.
4. Add butter and beat to form a grainy paste.
5. Scrape sides of bowl, and then add egg, pumpkin, and vanilla. Beat at medium speed until light and fluffy.
6. Add flour mixture, raisins, and walnuts.
7. Blend at low speed just until combined. Do not over mix.
8. Drop by rounded spoonful onto ungreased cookie sheets, 1 1/2" apart.
9. Bake 22-24 minutes until cookies are slightly browned along edges. Immediately transfer cookies to a cool surface.

Recipes

Yogurt Pumpkin Pie



Description

This pumpkin pie recipe is so great because it is low in fat and calories. Pumpkin recipes are a fantastic way to add antioxidants into your diet. Pumpkin pie recipes fulfill that sweet desire, and this recipe is perfect even outside of Thanksgiving.

Serves: 8

Preparation Time: 10 min

Cooking Time: 10 min

Ingredients

- 1 1/2 cups low-fat graham cracker crumbs
- 1 tablespoon oil
- 1/2 gallon fat-free frozen vanilla yogurt, softened
- 1 cup pumpkin, canned
- 1/2 cup brown sugar, packed
- 1 teaspoon ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 tablespoon orange juice

Instructions

1. Preheat oven to 350 degrees F. Prepare a 9" pie pan with cooking spray and flour; set aside.
2. To prepare crust, combine graham cracker crumbs and oil in a small mixing bowl. Press into prepared pan. Bake for 10 minutes.

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Recipes

3. To prepare filling, combine vanilla yogurt, pumpkin, brown sugar, ginger, cinnamon, and nutmeg.
4. Pour into prebaked crust. Freeze until ready to serve.

Recipes

Halloween Eyeball Cookies

Description

For a spookier take on easy Halloween recipes, whip up these Halloween Eyeball Cookies for kids of all ages. Filled with chocolaty goodness, this is one of the best healthy recipes for Halloween desserts you're bound to find.

Yields: 30

Cooking Time: 9 min

Ingredients

- 1 1/4 cups margarine
- 3/4 cup brown sugar, packed
- 1/2 cup sugar substitute, blended until fine
- 2 egg whites
- 1 teaspoon vanilla extract
- 1 cup flour, all-purpose or white whole wheat
- 3 overflowing tablespoons no sugar added cocoa powder, plus enough flour to make 1/2 cup total
- 1 teaspoon baking soda
- 3 cups rolled oats
- 3 cups Barbara's Bakery Organic Wild Puffs Crunch Cocoa cereal
- 1/2 teaspoon cinnamon (optional)

Instructions

1. Preheat oven to 375 degrees F.
2. In a large mixing bowl, cream together the margarine, brown sugar and sugar substitute. Add egg whites and vanilla extract, and beat to combine. In another bowl combine flour, cocoa powder, baking soda and oats. Add this mixture to the first mixture and thoroughly combine.
3. Pour the chocolate cereal into a separate bowl.
4. Take the dough, a tablespoonful at a time, and form it into balls. Press each ball firmly into the cereal, so that the cereal sticks to the dough on one side of the ball. Poke additional cereal into any bare spots. Place the balls 1 inch apart on an ungreased cookie sheet, and flatten them slightly. Bake for 9 minutes. Cool on wire racks.

Notes

This recipe makes about 2 1/2 dozen large cookies. For the cereal, use any all-natural chocolate kid's cereal that you have on hand.

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Recipes

Idiot-Proof Pumpkin Pie



Description

Thanks to your microwave, you don't need to be a baker to make this Idiot-Proof Pumpkin Pie - all you need is a few ingredients and a love of pumpkin pie recipes. This recipe for pumpkin pie is a no-bake delight.

Serves: 8

Cooking Time: 30 min

Ingredients

- 16 ounces pumpkin
- 12 ounces evaporated skim milk
- 2 tablespoons butter substitute suitable for baking, softened
- 2 eggs, or equivalent egg substitute
- $\frac{3}{4}$ cup sugar substitute suitable for baking
- $\frac{1}{2}$ cup HeartSmart Bisquick mix
- 2 $\frac{1}{2}$ teaspoons pumpkin pie spice
- 2 teaspoons vanilla

Instructions

1. Spray a 10-inch microwave-safe pie plate with cooking spray. Place a prepared whole wheat pie crust into the plate.
2. Beat together pumpkin, evaporated skim milk, butter substitute, eggs, sugar substitute, Bisquick, pumpkin pie spice, and vanilla, one minute in blender on high or two minutes with hand beater. Pour into prepared pie plate.
3. Microwave on inverted microwaveable dinner plate on medium-high (about 70% power), rotating plate a quarter turn every five minutes. You don't need to manually rotate if yours rotates automatically.
4. The pie is done when a knife inserted in center comes out clean, between 22 and 28 minutes cooking time. Cool on flat heatproof surface. Don't place pie on a cooling rack.

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Recipes

Halloween Flesh Jello

Description

Increase the spooky levels at your Halloween shindig with some Halloween Flesh Jello. If displayed correctly, your guests will be too grossed out to try this tasty and healthy Halloween snack recipe!

Ingredients

- 3 6-ounce boxes sugar-free watermelon or peach gelatin
- 1 12-ounce can evaporated skim milk
- Green food coloring
- 2 1/2 cups boiled water
- 1 cup cold water

Instructions

1. Spray a mold with non-flavored cooking spray to ensure the gelatin doesn't stick.
2. Put flavored gelatin in a large bowl and add the boiling water. Stir until completely dissolved, about three minutes.
3. Stir in cold water, and then stir in the skim milk for about minutes. Add a few drops of green food coloring until mixture reaches the desired color.
4. Pour gelatin mixture into your mold and refrigerate overnight.

Notes

Use 99.5% fat free evaporated milk, as no other milk will work. Use a body-shaped or organ-shaped mold for added spookiness.

How to Make Fun Foods for Halloween: 22 Healthy Halloween Recipes

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Included in this eCookbook

- 22 Healthy Halloween Recipes, including:
 - Fun Halloween Pumpkin Recipes
 - Halloween Party Snacks
 - Easy Halloween Cakes and Cupcakes
 - Healthy Halloween Recipes for Sweets

And more!