



Halloween Recipes

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Pumpkin Veggie Tray

6 SERVINGS 10 MINUTES



INGREDIENTS

- 3 cups Baby Carrots
- 1/2 Cucumber
- 3/4 cup Vegan Ranch Dressing

NUTRITION

AMOUNT PER SERVING

Calories	163	Cholesterol	0mg
Fat	14g	Sodium	285mg
Carbs	9g	Vitamin A	11526IU
Fiber	2g	Vitamin C	7mg
Sugar	4g	Calcium	49mg
Protein	0g	Iron	1mg

DIRECTIONS

- 01 Lay the carrots on a round serving platter or plate.
- 02 Slice the cucumber into rounds for the mouth, triangles for the eyes and nose, and use the end for the pumpkin top. Serve with dressing on the side. Enjoy!

Creepy Crawly Spider Pretzels

10 SERVINGS 15 MINUTES



INGREDIENTS

3/4 cup Pitted Dates
1/4 cup Quick Oats
3 tbsps All Natural Peanut Butter
1 tbsp Cocoa Powder
1 tbsp Maple Syrup
1/8 tsp Sea Salt
1 oz Pretzels (round parts chopped into legs)
1/2 tsp Dark Chocolate Chips

DIRECTIONS

- 01 Add the dates, oats, peanut butter, cocoa powder, maple syrup, and salt to the bowl of a food processor. Run the food processor until the mixture forms a ball.
- 02 Form the mixture into small balls with your hands, using roughly one tablespoon of dough per ball. Place the pretzel legs into the balls on the sides and place the chocolate chips into the balls to form eyeballs. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	87	Cholesterol	0mg
Fat	3g	Sodium	66mg
Carbs	15g	Vitamin A	1IU
Fiber	2g	Vitamin C	0mg
Sugar	9g	Calcium	11mg
Protein	2g	Iron	0mg



Bat Energy Bites

10 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Pitted Dates
1/2 cup Hazelnuts
1/4 cup Cocoa Powder (divided)
1/8 tsp Sea Salt
1 tbsp Water
2 ozs Dark Chocolate (thin, chopped into triangles for wings)
1/2 tsp Dark Chocolate Chips

DIRECTIONS

- 01 Add the dates, hazelnuts, half of the cocoa powder, and salt to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 02 Pour the remaining cocoa powder onto a plate.
- 03 Form the mixture into small balls with your hands, using roughly one tablespoon of dough per ball, and roll them in the cocoa powder. Carefully place the chocolate wings on the sides of the balls and insert the chocolate chips into the balls for the eyes. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	103	Cholesterol	0mg
Fat	7g	Sodium	31mg
Carbs	11g	Vitamin A	4IU
Fiber	3g	Vitamin C	0mg
Sugar	6g	Calcium	18mg
Protein	2g	Iron	1mg



Spooky Spider Deviled Eggs

3 SERVINGS 30 MINUTES



INGREDIENTS

6 Egg
3 tbsps Mayonnaise
1/2 tsp Apple Cider Vinegar
Sea Salt & Black Pepper
1/3 cup Black Olives (pitted and sliced)

NUTRITION

AMOUNT PER SERVING

Calories	254	Cholesterol	378mg
Fat	21g	Sodium	339mg
Carbs	2g	Vitamin A	598IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	70mg
Protein	13g	Iron	3mg

DIRECTIONS

- 01 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Place eggs in a bowl of ice water for 10 minutes or until cool.
- 02 Carefully peel the eggs and cut them in half. Scoop out the yolks and add to a bowl.
- 03 Add the mayonnaise, vinegar, salt, and pepper to the yolks. Spoon the egg yolk mixture into the egg whites, or use a piping bag.
- 04 Garnish the eggs with olive slices in the form of spiders. Enjoy!

Banana Ghosts

8 SERVINGS 2 HOURS 40 MINUTES



INGREDIENTS

- 8 Barbecue Skewers
- 4 Banana (cut in half)
- 1 cup White Chocolate Chips
- 1/2 tsp Dark Chocolate Chips
- 1 tsp Dried Unsweetened Cranberries

NUTRITION

AMOUNT PER SERVING

Calories	215	Cholesterol	0mg
Fat	9g	Sodium	1mg
Carbs	34g	Vitamin A	38IU
Fiber	2g	Vitamin C	5mg
Sugar	26g	Calcium	3mg
Protein	1g	Iron	0mg

DIRECTIONS

- 01 Place parchment paper on a baking sheet. Take the wooden skewers and pierce the bananas until about 3/4 of the way through. Transfer to a freezer until hardened, about two hours.
- 02 In a small bowl, add the white chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 03 Remove the bananas from the freezer and dip into the white chocolate, using a butter knife to spread all around. Before it hardens, place the dark chocolate chips on the banana for the eyes and the cranberry for the mouth. Repeat with remaining bananas.
- 04 Return to the freezer for about 30 minutes, until set again. Serve and enjoy!

Clementine Pumpkins

4 SERVINGS 5 MINUTES



INGREDIENTS

1 stalk Celery
4 Clementines (peeled)

DIRECTIONS

01 Cut the celery into thin strips that will fit the clementine. Place in the middle of the clementines, pressing down to secure. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	36	Cholesterol	0mg
Fat	0g	Sodium	9mg
Carbs	9g	Vitamin A	45IU
Fiber	1g	Vitamin C	36mg
Sugar	7g	Calcium	26mg
Protein	1g	Iron	0mg

Spiders on a Log

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 tbsps Dark Chocolate Chips (divided)
- 1/3 cup All Natural Peanut Butter
- 4 stalks Celery (cut in half)

NUTRITION

AMOUNT PER SERVING

Calories	168	Cholesterol	0mg
Fat	13g	Sodium	36mg
Carbs	9g	Vitamin A	180IU
Fiber	2g	Vitamin C	1mg
Sugar	5g	Calcium	27mg
Protein	5g	Iron	1mg

DIRECTIONS

- 01 In a small bowl, add 3/4 of the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 02 Spread the peanut butter into the celery and top with the remaining chocolate chips.
- 03 Use a toothpick to dip into the melted chocolate and draw legs around the chocolate chips. Serve and enjoy!

Mini Spider Web Pizzas

2 SERVINGS 15 MINUTES



INGREDIENTS

- 2 pieces Naan
- 2 tbsps Tomato Sauce
- 1 1/2 ozs Mozzarella Cheese (sliced into thin strips)
- 2 tbsps Pitted Kalamata Olives

NUTRITION

AMOUNT PER SERVING

Calories	328	Cholesterol	19mg
Fat	10g	Sodium	550mg
Carbs	47g	Vitamin A	246IU
Fiber	2g	Vitamin C	1mg
Sugar	4g	Calcium	161mg
Protein	13g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 02 Spread the tomato sauce evenly over the naan. Top with mozzarella in the shape of a spider's web, starting with the outside circle, then placing the lines towards the middle and then the inner circle.
- 03 Place the olive on the pizza and use a second olive to slice and make legs out of it. Repeat with each pizza. Transfer to the oven and bake for six to seven minutes, until the cheese has melted. Serve and enjoy!

Candy Corn Fruit Kabobs

5 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 cups Pineapple (cut into squares)
- 1/2 Cantaloupe (medium, peeled, deseeded and chopped)
- 2 Banana (sliced thick)
- 15 Barbecue Skewers (cut in half)

DIRECTIONS

- 01 Thread the pineapple, cantaloupe, and banana onto the skewers. Using a knife slice just the outside edge of the banana so it forms a triangle. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	86	Cholesterol	0mg
Fat	0g	Sodium	10mg
Carbs	22g	Vitamin A	1926IU
Fiber	2g	Vitamin C	48mg
Sugar	15g	Calcium	14mg
Protein	1g	Iron	0mg

Monster Apple Bites

4 SERVINGS 15 MINUTES



INGREDIENTS

2 Apple (cored, quartered)
1/4 cup Sunflower Seed Butter
1 tbsp Pumpkin Seeds
1 tsp Dark Chocolate Chips

DIRECTIONS

- 01 Cut a wedge into the apples to make the mouth. Fill with sunflower seed butter and place the seeds inside to make the teeth.
- 02 Spread a little of the sunflower seed butter on the flat part of the chocolate chips and then adhere to the apples to make eyeballs. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	165	Cholesterol	0mg
Fat	10g	Sodium	2mg
Carbs	17g	Vitamin A	58IU
Fiber	3g	Vitamin C	5mg
Sugar	12g	Calcium	17mg
Protein	4g	Iron	1mg

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