



TRICK OR TREAT



HEALTHY HALLOWEEN RECIPES

HALLOWEEN SPECIAL

Louise Mercieca, the presenter of Early Years TV Food Channel is an award winning author on children's nutrition.- This selection of healthy Halloween recipes are perfect for a children's Halloween Tea Party or to replace some of the sugary, high fat alternatives.





PUMPKIN GUMMY BEARS

1/2 CUP PUMPKIN PUREE
1/2 CUP COCONUT MILK
1/2 CUP MAPLE SYRUP
1/4 TSP CINNAMON
2 TBSP. AGAR FLAKES

1. Heat the pumpkin in a medium saucepan
- 2 Add the coconut milk, maple syrup and cinnamon
3. add in the Agar flakes without stirring and wait until all flakes have dissolved (keep on a low heat)
4. Remove from heat and pour/syringe into moulds
5. Pop in the freezer for 30 mins or in the fridge overnight



GHOULISH CHOCOLATE ORANGE

1 LARGE BAR 70% COCOA
CHOCOLATE (100G) 1 SILICONE
MOULD (HALLOWEEN SHAPES) 4-
6 DROPS EDIBLE ORANGE
ESSENTIAL OIL

1. Break up the chocolate and place in a heatproof bowl over a pan half full of water, heat the water gently allowing the chocolate to melt 3. Once melted add the essential oil using more or less according to your own taste 4. Remove from the heat and pour into the moulds transfer to the fridge to set

Not all essential oils are edible I use
<https://www.myyl.com/essentialoilsladyuk>



WITCHES DIP

1 LARGE AVOCADO
1/2 TUB FULL-FAT GREEK YOGURT
1 GRATED CARROT
1 SLICED BLACK OLIVE
1 THIN SLICE RED PEPPER
ORTILLA CRISPS (SEE NEXT PAGE)

1. Mash the avocado and mix with the Greek Yogurt

2. Grate the carrot (or spiralise into 'witches hair')

3. Slice the olives in half (width ways) into 'witches eyes'

4. Slice the red pepper into a thin line for the 'witches mouth'

5. Use the tortilla chips to make a witches hat

WITCHEY CRISPS

11 PACK FLOUR/CORN TORTILLAS
DRIZZLE OLIVE OIL

1. Cut the tortilla wraps into triangles and distribute on a baking tray covering in a drizzle of oil
2. Bake for 7-9 minutes at around 170



The background is a dark, textured surface decorated with various Halloween-themed icons. These include purple witch hats with yellow buckles, lit white candles with yellow flames, and brown and purple bottles. Scattered throughout are small, four-pointed yellow and white stars. The text is centered in a white, distressed, typewriter-style font.

FREAKY FINGERS

250G STONED DATES
100G DARK CHOCOLAT
3 TBSP SMOOTH PEANUT BUTTER
3 TBSP PORRIDGE OATS
FLAKED TOASTED ALMONDS

1. Tip all the ingredients except the almonds into a food processor and pulse until you have a rubbly looking mixture.

2. Line a tray with baking parchment and mould the mixture into fingers, then lay them on the tray.

3. Press an almond 'fingernail' into the end of each finger and place in the fridge to harden for at least 1 hr.

4. Serve poking out of a bowl.

TRICK OR TREAT

Halloween can be scary enough without filling children full of scary looking artificial foods! By making healthier alternatives you are not losing any of the fun just making sure we know what we are eating!



LOUISE