

Healthy Halloween Treats

Happy harvest and happy Halloween! Halloween and healthy don't seem to go hand in hand, but there are some ways to make Halloween healthier.

Here are some ideas for healthier Halloween treats during Halloween events at work, at school, at home or in the community:

Banana ghost and Tangerine pumpkins:

Peel tangerines and add a piece of celery as the pumpkin stem. Peel banana and use chocolate chips as eyes and mouth.



Vegetables/ fruits and dip: Hollow out a pumpkin to use as a bowl for your dip!

Pumpkin muffins (see recipe on right)

Air popped popcorn: Put $\frac{1}{4}$ cup of corn kernels in a brown paper bag and fold the top 3 times. Pop the kernels in the microwave 2-3 minutes, until the popping sound stops. Add your favourite toppings!

Pumpkin bowl: Hollow out a large pumpkin and add ice to keep your drinks cold!

Pumpkin devilled eggs (see recipe below)

Roasted pumpkin seeds

Pumpkin Devilled eggs

Ingredients:

- ✓ 8 large eggs
- ✓ $\frac{1}{3}$ cup light mayonnaise
- ✓ 1 tbsp Dijon mustard
- ✓ 1 tsp white wine vinegar
- ✓ $\frac{1}{4}$ tsp hot sauce (optional)
- ✓ Pinch of salt and pepper
- ✓ 1 green onion
- ✓ Paprika, for garnish
- ✓ Red food coloring



Instructions:

1. Place eggs in a medium saucepan; add cold water. Bring to a boil. Remove pan from heat; cover, and let stand 13 minutes. Drain, and run eggs under cold water to cool them.
2. Meanwhile, in a medium bowl, mix together mayonnaise, mustard, vinegar, chopped up shallot, and hot sauce.
3. Peel eggs, and halve lengthwise; remove yolks, leaving whites intact. Transfer yolks to bowl with mayonnaise mixture, season with salt and pepper, and add red food coloring to turn yolks orange. Mash with a fork until smooth.
4. Mound yolk mixture into whites. Sprinkle with paprika and add green onion tips as pumpkin stems
5. Serve or cover with plastic wrap and refrigerate up to 8 hours.

Pumpkin Muffins

Ingredients (makes 6 muffins):

- ✓ 1 egg
- ✓ $\frac{1}{4}$ cup milk
- ✓ $\frac{1}{2}$ cup canned pumpkin
- ✓ 2 tbsp oil
- ✓ $\frac{3}{4}$ cup whole wheat flour
- ✓ $\frac{1}{4}$ cup sugar
- ✓ 1 tsp baking powder
- ✓ $\frac{1}{4}$ tsp salt
- ✓ $\frac{1}{4}$ tsp cinnamon
- ✓ $\frac{1}{4}$ cup raisins or dried cranberries

Instructions:

1. Preheat oven at 400F.
2. Beat egg.
3. Stir in milk, pumpkin and oil.
4. In another bowl, mix together flour, sugar, baking powder, salt and cinnamon.
5. Put liquid mixture into dry ingredients and gently fold the ingredients together.
6. Add raisins or dried cranberries.
7. Put paper muffin cups in muffin pan and fill paper cups $\frac{2}{3}$ full.
8. Bake 20 minutes or until a toothpick inserted in the center comes out clean.
9. Allow time for cooling and enjoy!

Recipe from *Chefs! Getting a Head Start on Healthy Living*



MANGO