Halloween Recipe Inspiration

For the Party: Jack-o-Lantern Fruit or Veggie Tray

You don't need candy to be in the Halloween spirit! Provide a healthy, yet festive, side with a Fruit or Veggie Jack-o-Lantern Tray. The beauty of this option is being able to choose the fruits or veggies that you like best. There are so many options! Stick with just the veggies or just the fruits from the list below to customize your jack-o-lantern.

- Orange Pumpkin: Clementines, orange slices, carrots, or orange bell peppers
- Dark eyes: Red or black grapes, blueberries, or olives
- Light smile: Cucumbers, cauliflower, yellow bell pepper, banana
- Green Pumpkin stem: Celery, cucumbers, green bell pepper, broccoli, green apples

Optional: use small ramekins filled with your favorite fruit or veggie dip as the eyes and/or nose.

For Breakfast: Halloween Monster Pancakes

Inspired by https://www.queensleeappetit.com/halloween-pancakes/

Give your breakfast a "spooky" twist! Follow your favorite pancake recipe but blend a couple handfuls of spinach (enough to provide a green hue) with the wet ingredients before combining with dry ingredients. You may need to increase dry ingredients slightly for the right batter consistency. Once pancakes are cooked, place banana slices and softened chocolate chips on the pancakes for eyes.

(You can also do this with brown/black and orange pancakes by adding in either pumpkin puree to turn batter orange or cocoa powder to turn pancakes dark/black. You may need to adjust your recipe slightly to get the batter to the correct consistency by adding in more flour/mix or milk/oil).

For Dinner: Halloween Stuffed Peppers

Modified from https://thecleaneatingcouple.com/whole-30-crockpot-stuffed-peppers/

Ingredients

- 1 tablespoons olive oil
- 3-4 large bell peppers
- 1 lb ground turkey
- 1/2 cup onions, chopped
- 1 tablespoon garlic, minced
- 1 cup carrots, chopped
- 1 cup cauliflower rice or cooked brown rice, or cooked quinoa
- 1.5 cups tomato sauce
- 4 tablespoons fresh basil chopped
- 2 tablespoons fresh parsley chopped
- 1/2 teaspoon pepper
- 1/2 teaspoon salt

Image from itsyummy.com

Instructions

1. In a large pan, heat olive oil. Sauté turkey for 5-10 minutes.
2. While the turkey is cooking, slice the tops off of the peppers, remove the seeds, and cut out a "face" on each pepper.
3. Chop the carrots, onions, garlic, basil & parsley, or to save time, combine in a food processor and pulse until finely chopped.
4. Stir in chopped veggie mixture (carrots, onions, garlic, basil and parsley) with turkey. *Do not add cauliflower rice, if using*
5. Sauté until veggies are soft. When everything is cooked, turn off the heat. Stir in raw cauliflower rice (or cooked rice or quinoa), tomato sauce + additional spices
6. Prepare large pot with boiling water, and a separate ice bath. Boil peppers approximately 5 minutes, until soft, and transfer to ice bath to stop cooking.
7. Stuff the peppers with the mixture and enjoy!

For Dessert: Frozen Mummies

Modified from https://www.wellplated.com/halloween-banana-popsicles/

- 2 medium to large bananas
- 1 (5.3oz) container Kite Hill unsweetened vanilla Greek-style almond milk yogurt (or your choice of yogurt)
- Handful Enjoy Life allergy-friendly dark chocolate chips or mini chocolate chips
- 1 Tbsp your choice peanut butter, almond butter, tahini, or pumpkin seed butter

Instructions

1. Peel bananas and cut/slice into quarters. Place on a pan lined with parchment paper and freeze for a minimum of 30 minutes.
2. Remove tray from freezer and spread yogurt onto and around each banana quarter. (Greek yogurt will need to be spread. Thinner yogurt options may work well for being dipped.)
3. Add chocolate chip eyes/mouths for the ghosts and eyes for mummies. Drizzle mummies with nut or seed butter. If your seed butter is a thicker consistency, you may need to warm it in the microwave for several seconds to thin it out for the drizzle.
4. Return to freezer for one hour.

Optional: Make these into popsicles by adding a wooden popsicle stick into the bananas before freezing (step 1).

Give a Handful of Healthy!

Looking for a candy alternative for your trick or treaters? Visit our blog at www.valeowc.com/halloween-trick-treats/ for the clickable links. If you're interested in participating in the Teal Pumpkin Project, be sure to choose an item that is not food-based.

- Stickers
- Mini notepads
- Bubbles
- Glow sticks, bracelets, or necklaces
- Raisins
- Glow in the dark bouncy balls
- Self-inking stamps
- Stretchy skeleton
- Assorted Halloween pencils, stickers, erasers, etc