

Happy Healthy Halloween Options

- **Dark Chocolate:** Green & Black Organics makes individually wrapped dark chocolates that are very yummy! Dark chocolate is more nutritious because it contains less butter fat and more antioxidants, and it is less sweet than milk chocolate. The best chocolates are those made up mostly of pure dark chocolate.
- **Dark Chocolate Covered Nuts:** Nuts offer fiber, vitamins and minerals . Further, they provide you with healthy fats and proteins , making the treat a more well-balanced snack .
- **Fruit Leathers:** these are dried fruit snacks that are sweetened by the fruits themselves.
- Individually wrapped: Chocolate Covered Raisins & Yogurt Covered Raisins,
- Individually wrapped: Cheese & Crackers or Nut butter & Crackers
- **Cliff Kid Zbars** – these are low in fat and a great source of complex carbohydrates and protein. They have no preservatives, no artificial flavours or colours, and no corn syrup
- **Kashi Granola Bars** – are higher in protein and lower in sugar than regular granola bars
- **Salba Snacks** – are higher in fiber and essential fatty acids and lower in sugar than regular granola bars



Non food Halloween treats:

- Halloween themed pencils,
- Erasers & Notepads
- Stickers,
- Plastic Insects, Ghosts, Animals or Skeletons
- Halloween Jewelry, Bracelet or Rings
- Non-profit bracelet

Have a Halloween Party! Instead of trick or treating; with fun activities and a loot bag full of safe and healthy treats for the children to take home – these can include: apples, oranges, trail mix, veggie sticks, crackers and almond butter, etc.

Yummy Halloween Recipes!

Candy

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| 1 cup natural almond or peanut butter | 1/2 cup mashed banana |
| 1/2 cup carob powder | 2 tsp. vanilla |

Mix together, shape into balls, and roll in cinnamon. If desired, press a walnut half on top. Store in the refrigerator. Variation: Mix peanut and almond butter and granola and refrigerate.

Super Food Energy Bars with Cacao – makes about 15 bars

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| 1 cup walnuts | 1/4 cup coconut flakes |
| 1/3 cup chia seeds | 3/4 cup pumpkin seeds |
| 1/3 cup ground flax seeds | 1/2 cup raisins |
| 1/3 cup hemp seeds | 1 cup dates |
| 1/4 cup cacao nibs | 1-2 tablespoons melted coconut oil, if needed |

Throw the dry ingredients (keep a little bit of each ingredient to add in a second) in your food processor, then add the dates and raisins and process until everything it starts to stick together. If too dry, add more dates or coconut oil. Put in the remaining dry ingredients you left out and mix in with your hands. Press into a lined pan and set in the fridge for an hour or more. Cut into bars and store for up to one week.

