10 Healthy Halloween Treats

Easy Recipes Parents Can Make at Home

Fun • Nutritious • No Artificial Dyes • Less Sugar • Kid Approved!

1 BANANA GHOSTS



Ingredients:
- 2 bananas
- Dark chocolate chips
- Popsicle sticks (optional)

Instructions:
1. Peel and cut bananas in half.
2. Add chocolate chips for eyes and mouth.
3. Refrigerate until ready to serve.

2 APPLE MONSTER MOUTHS



Ingredients:
- 2 apples
- Sunflower seed butter
- Strawberries

Instructions:
1. Cut apples into wedges.
2. Spread seed butter on wedges.
3. Add strawberry slices for tongue.
4. Put wedges together like a mouth.

3 STRAWBERRY GHOSTS



Ingredients:
- Fresh strawberries
- Plain Greek yogurt
- Dark chocolate chips

Instructions:
1. Wash and dry strawberries.
2. Dip in Greek yogurt.
3. Add chocolate chips for eyes.
4. Refrigerate until set.

4 PUMPKIN ENERGY BITES



Ingredients:
- ½ cup pumpkin purée
- 1 cup rolled oats
- 2 tbsp sunflower seed butter
- ½ tsp cinnamon
- 1 tbsp maple syrup (optional)

Instructions:
1. Mix all ingredients.
2. Roll into small balls.
3. Refrigerate for 30 minutes.

5 DARK CHOCOLATE FRUIT BITES



Ingredients:
- ½ cup dark chocolate (melted)
- Strawberries and banana slices
- Unsweetened shredded coconut (optional)

Instructions:
1. Melt chocolate.
2. Dip fruit halfway into chocolate.
3. Sprinkle with coconut.
4. Refrigerate until set.

6 CLEMENTINE PUMPKINS



Ingredients:
- Clementines or small oranges
- Small pieces of celery

Instructions:
1. Peel clementines.
2. Insert small piece of celery into the top.
3. Arrange like pumpkins.

7 HOMEMADE FRUIT GUMMIES



Ingredients:
- 1 cup unsweetened berry purée
- 2 tsp agar-agar powder
- ¼ cup water

Instructions:
1. Combine ingredients in a saucepan.
2. Bring to a gentle boil, stirring for 2 minutes.
3. Pour into molds (Halloween shapes).
4. Refrigerate until firm.

8 CINNAMON SWEET POTATO COOKIES



Ingredients:
- 1 cup mashed sweet potato
- 1 cup oat flour
- ½ tsp cinnamon
- 2 tbsp unsweetened applesauce
- 1 tsp baking powder

Instructions:
1. Preheat oven to 350°F.
2. Mix all ingredients.
3. Form small, flat cookies.
4. Bake 12–15 minutes.

9 HALLOWEEN FRUIT CUPS



Ingredients:
- Watermelon
- Strawberries
- Mandarin oranges
- Blueberries

Instructions:
1. Wash and cut fruit into age-appropriate pieces.
2. Layer in Halloween-themed cups.
3. Refrigerate until serving.

10 PUMPKIN YOGURT PUDDING



Ingredients:
- ½ cup plain Greek yogurt
- ½ cup pumpkin purée
- ½ tsp cinnamon
- ¼ tsp vanilla extract
- 1 tsp maple syrup (optional)

Instructions:
1. Combine all ingredients.
2. Mix until creamy.
3. Refrigerate and serve in small cups.

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