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JENNIFER WOODWARD
NUTRITION

Halloween Treats

Jennifer Woodward

<https://www.jenniferwoodwardnutrition.com>

Enjoy these healthy-ish treats during the Halloween season and beyond!

I love getting my kids into the kitchen with me, and these fun fall recipes will entice your little ones to cook with you. When kids are involved in cooking, they tend to eat healthier. Win-win!

Happy Halloween, friends!

*Love,
Jennifer*



Pumpkin Veggie Tray

6 servings

10 minutes

Ingredients

- 3 cups Baby Carrots
- 1/2 Cucumber
- 3/4 cup Vegan Ranch Dressing

Nutrition

Amount per serving	
Calories	163
Fat	14g
Carbs	9g
Fiber	2g
Sugar	4g
Protein	0g
Cholesterol	0mg
Sodium	285mg
Potassium	103mg
Vitamin A	11526IU
Vitamin C	7mg
Calcium	49mg
Iron	1mg
Vitamin B6	0mg
Vitamin B12	0µg
Magnesium	3mg
Zinc	0mg

Directions

- 1 Lay the carrots on a round serving platter or plate.
- 2 Slice the cucumber into rounds for the mouth, triangles for the eyes and nose, and use the end for the pumpkin top. Serve with dressing on the side. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 3/4 cup veggies and two tablespoons of dressing.



Creepy Crawly Spider Pretzels

10 servings

15 minutes

Ingredients

- 3/4 cup Pitted Dates
- 1/4 cup Quick Oats
- 3 tbsps All Natural Peanut Butter
- 1 tbsp Cocoa Powder
- 1 tbsp Maple Syrup
- 1/8 tsp Sea Salt
- 1 oz Pretzels (round parts chopped into legs)
- 1/2 tsp Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	87
Fat	3g
Carbs	15g
Fiber	2g
Sugar	9g
Protein	2g
Cholesterol	0mg
Sodium	66mg
Potassium	125mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	11mg
Iron	0mg
Vitamin B6	0mg
Vitamin B12	0µg
Magnesium	20mg
Zinc	0mg

Directions

- 1 Add the dates, oats, peanut butter, cocoa powder, maple syrup, and salt to the bowl of a food processor. Run the food processor until the mixture forms a ball.
- 2 Form the mixture into small balls with your hands, using roughly one tablespoon of dough per ball. Place the pretzel legs into the balls on the sides and place the chocolate chips into the balls to form eyeballs. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is one ball.

Gluten-Free: Use gluten-free pretzels.

Nut-Free: Use sunflower seed butter.



Bat Energy Bites

10 servings

15 minutes

Ingredients

- 1/2 cup Pitted Dates
- 1/2 cup Hazelnuts
- 1/4 cup Cocoa Powder (divided)
- 1/8 tsp Sea Salt
- 1 tbsp Water
- 2 ozs Dark Chocolate (thin, chopped into triangles for wings)
- 1/2 tsp Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	103
Fat	7g
Carbs	11g
Fiber	3g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	31mg
Potassium	167mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	18mg
Iron	1mg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	38mg
Zinc	1mg

Directions

- 1 Add the dates, hazelnuts, half of the cocoa powder, and salt to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 2 Pour the remaining cocoa powder onto a plate.
- 3 Form the mixture into small balls with your hands, using roughly one tablespoon of dough per ball, and roll them in the cocoa powder. Carefully place the chocolate wings on the sides of the balls and insert the chocolate chips into the balls for the eyes. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is one ball.

No Hazelnuts: Use almonds or pecans.



Spooky Spider Deviled Eggs

3 servings

30 minutes

Ingredients

6 Egg
3 tbsps Mayonnaise
1/2 tsp Apple Cider Vinegar
Sea Salt & Black Pepper
1/3 cup Black Olives (pitted and sliced)

Nutrition

Amount per serving	
Calories	254
Fat	21g
Carbs	2g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	378mg
Sodium	339mg
Potassium	143mg
Vitamin A	598IU
Vitamin C	0mg
Calcium	70mg
Iron	3mg
Vitamin B6	0.2mg
Vitamin B12	0.9µg
Magnesium	13mg
Zinc	1mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Place eggs in a bowl of ice water for 10 minutes or until cool.
- 2 Carefully peel the eggs and cut them in half. Scoop out the yolks and add to a bowl.
- 3 Add the mayonnaise, vinegar, salt, and pepper to the yolks. Spoon the egg yolk mixture into the egg whites, or use a piping bag.
- 4 Garnish the eggs with olive slices in the form of spiders. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to four pieces.

More Flavor: Add smoked paprika and/or turmeric to the yolks.



Banana Ghosts

8 servings

2 hours 40 minutes

Ingredients

- 8 Barbecue Skewers
- 4 Banana (cut in half)
- 1 cup White Chocolate Chips
- 1/2 tsp Dark Chocolate Chips
- 1 tsp Dried Unsweetened Cranberries

Nutrition

Amount per serving	
Calories	215
Fat	9g
Carbs	34g
Fiber	2g
Sugar	26g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Potassium	211mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	3mg
Iron	0mg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	16mg
Zinc	0mg

Directions

- 1 Place parchment paper on a baking sheet. Take the wooden skewers and pierce the bananas until about 3/4 of the way through. Transfer to a freezer until hardened, about two hours.
- 2 In a small bowl, add the white chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 3 Remove the bananas from the freezer and dip into the white chocolate, using a butter knife to spread all around. Before it hardens, place the dark chocolate chips on the banana for the eyes and the cranberry for the mouth. Repeat with remaining bananas.
- 4 Return to the freezer for about 30 minutes, until set again. Serve and enjoy!

Notes

Leftovers: Freeze in an airtight container for up to five days.

Serving Size: One serving is half of a banana.



Clementine Pumpkins

4 servings

5 minutes

Ingredients

- 1 stalk Celery
- 4 Clementines (peeled)

Nutrition

Amount per serving	
Calories	36
Fat	0g
Carbs	9g
Fiber	1g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	9mg
Potassium	157mg
Vitamin A	45IU
Vitamin C	36mg
Calcium	26mg
Iron	0mg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	9mg
Zinc	0mg

Directions

- 1 Cut the celery into thin strips that will fit the clementine. Place in the middle of the clementines, pressing down to secure. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is one clementine.



Spiders on a Log

4 servings

15 minutes

Ingredients

- 1 1/2 tbsps Dark Chocolate Chips (divided)
- 1/3 cup All Natural Peanut Butter
- 4 stalks Celery (cut in half)

Nutrition

Amount per serving	
Calories	168
Fat	13g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	5g
Cholesterol	0mg
Sodium	36mg
Potassium	224mg
Vitamin A	180IU
Vitamin C	1mg
Calcium	27mg
Iron	1mg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	41mg
Zinc	1mg

Directions

- 1 In a small bowl, add 3/4 of the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 2 Spread the peanut butter into the celery and top with the remaining chocolate chips.
- 3 Use a toothpick to dip into the melted chocolate and draw legs around the chocolate chips. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is two halved celery sticks.

Nut-Free: Use sunflower seed butter instead.



Mini Spider Web Pizzas

2 servings

15 minutes

Ingredients

- 2 pieces Naan
- 2 tbsps Tomato Sauce
- 1 1/2 ozs Mozzarella Cheese (sliced into thin strips)
- 2 tbsps Pitted Kalamata Olives

Nutrition

Amount per serving	
Calories	328
Fat	10g
Carbs	47g
Fiber	2g
Sugar	4g
Protein	13g
Cholesterol	19mg
Sodium	550mg
Potassium	159mg
Vitamin A	246IU
Vitamin C	1mg
Calcium	161mg
Iron	4mg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	27mg
Zinc	1mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Spread the tomato sauce evenly over the naan. Top with mozzarella in the shape of a spider's web, starting with the outside circle, then placing the lines towards the middle and then the inner circle.
- 3 Place the olive on the pizza and use a second olive to slice and make legs out of it. Repeat with each pizza. Transfer to the oven and bake for six to seven minutes, until the cheese has melted. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one pizza.

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese.

Naan: One piece of naan is 3.2 oz or 90 grams.



Candy Corn Fruit Kabobs

5 servings

15 minutes

Ingredients

- 1 1/2 cups Pineapple (cut into squares)
- 1/2 Cantaloupe (medium, peeled, deseeded and chopped)
- 2 Banana (sliced thick)
- 15 Barbecue Skewers (cut in half)

Nutrition

Amount per serving	
Calories	86
Fat	0g
Carbs	22g
Fiber	2g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	10mg
Potassium	370mg
Vitamin A	1926IU
Vitamin C	48mg
Calcium	14mg
Iron	0mg
Vitamin B6	0.3mg
Vitamin B12	0µg
Magnesium	25mg
Zinc	0mg

Directions

- 1 Thread the pineapple, cantaloupe, and banana onto the skewers. Using a knife slice just the outside edge of the banana so it forms a triangle. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is three six-inch skewers.



Monster Apple Bites

4 servings

15 minutes

Ingredients

- 2 Apple (cored, quartered)
- 1/4 cup Sunflower Seed Butter
- 1 tbsp Pumpkin Seeds
- 1 tsp Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	165
Fat	10g
Carbs	17g
Fiber	3g
Sugar	12g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Potassium	206mg
Vitamin A	58IU
Vitamin C	5mg
Calcium	17mg
Iron	1mg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	66mg
Zinc	1mg

Directions

- 1 Cut a wedge into the apples to make the mouth. Fill with sunflower seed butter and place the seeds inside to make the teeth.
- 2 Spread a little of the sunflower seed butter on the flat part of the chocolate chips and then adhere to the apples to make eyeballs. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.
Serving Size: One serving is two pieces, or half an apple.