

# 10 Easy Healthy Halloween Treats

Halloween is just around the corner, and it's a time when indulging in sweets and unhealthy snacks often becomes the norm. But who says you can't enjoy Halloween while still staying healthy? With a little creativity and some nutritious ingredients, you can whip up delicious treats that are both spooky and good for you. In this article, we will explore 10 easy healthy Halloween treats that are perfect for satisfying your sweet tooth without compromising your health.

## 1. Monster Fruit Skewers

Start by cutting various fruits such as strawberries, grapes, melons, and kiwis into bite-sized pieces. Thread these pieces onto skewers, alternating the colors and sizes to create a spooky monster look. For the eyes, you can use blueberries or chocolate chips. These fruit skewers are not only visually appealing but also packed with essential vitamins and antioxidants.

## 2. Spooky Veggie Platter

Create a frightening veggie platter using a variety of colorful vegetables. Carve out a pumpkin from a bell pepper and use it as the centerpiece. Arrange the sliced veggies, such as carrots, cucumbers, and celery, around the "pumpkin" to resemble a creepy face. Serve with a healthy dip like hummus or Greek yogurt mixed with herbs.



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by Alissa Noel Grey (Kindle Edition)

★★★★★ 5 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 33 pages



### **3. Jack-O'-Lantern Stuffed Bell Peppers**

Transform ordinary stuffed peppers into cute and spooky jack-o'-lanterns. Cut out jack-o'-lantern faces on bell peppers and stuff them with a nutritious filling made of quinoa, black beans, corn, and spices. Bake them until tender for a festive and healthy Halloween dinner option.

### **4. Mummy Apple Slices**

Take apple slices and spread a layer of peanut butter or almond butter on them. Use thin strips of white cheese or yogurt-covered raisins to create the mummy bandages. Place two small drops of edible black gel or chocolate chips as the eyes. These adorable mummy apple slices are a fun way to get your kids to eat fruits while keeping the Halloween spirit alive.

### **5. Spider Deviled Eggs**

Give the classic deviled eggs a spooky twist by turning them into spider eggs. Make hard-boiled eggs and cut them in half. Remove the yolks and mix them with avocado, Greek yogurt, mustard, and spices to create a creamy filling. Use black olives to make spider legs by cutting them into thin strips and arranging them on top of the filling. Serve these spider deviled eggs at your Halloween party for a creepy yet nutritious appetizer.

### **6. Witch's Broomsticks**

Make edible witch's broomsticks using pretzel sticks and string cheese. Cut the string cheese into thin strips and insert them into one end of the pretzel sticks to resemble broom bristles. These fun and easy-to-make snacks are perfect for both kids and adults during Halloween.

## **7. Candy Corn Fruit Parfait**

Create a healthier version of the iconic candy corn using fruits. Layer pineapple chunks, mandarin oranges, and whipped cream or Greek yogurt in a clear glass to imitate the colors of candy corn. Top it off with a sprinkle of crushed graham crackers for added texture. This candy corn fruit parfait is a guilt-free treat that captures the essence of Halloween.

## **8. Spooky Banana Ghosts**

Peel bananas and cut them in half. Dip the bottom half in melted white chocolate and use mini chocolate chips for the eyes and mouth. Let the chocolate harden before enjoying these adorable and ghostly banana treats. They are not only cute but also provide essential nutrients like potassium.

## **9. Frankenstein Avocado Toast**

Start by toasting whole grain bread slices. Spread mashed avocado on top and use cherry tomatoes, black olives, and strips of bell peppers to create a Frankenstein face. This savory Halloween snack is not only delicious but also packed with healthy fats and fiber.

## **10. Graveyard Pudding Cups**

Make individual pudding cups using a healthy pudding recipe made with avocado or Greek yogurt. Crush some chocolate or graham crackers to create "dirt" and sprinkle it on top of the pudding. Use [long-tail keyword for alt attribute] to make

edible tombstones and insert them into the cups. These graveyard pudding cups are a great way to satisfy your sweet tooth while keeping it nutritious.

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Halloween doesn't have to be all about sugary candies and unhealthy snacks. With these 10 easy healthy Halloween treats, you can enjoy the festivities while still fueling your body with nutritious ingredients. From spooky fruit skewers to adorable banana ghosts, these treats are sure to impress both kids and adults alike. So, get creative in the kitchen and have a healthy and delicious Halloween!



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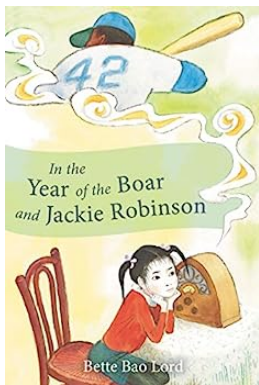


Making candy and other Halloween treats at home make you eat healthy because you can choose the products for yourself. So that you can avoid processed sugar, salt, refined flour and gluten and dairy products, if you wish. These healthy treats are perfect for a healthy Halloween party with your kids.



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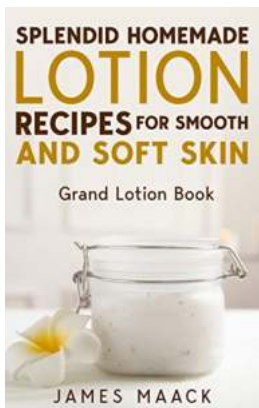
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