

# Healthy Halloween!

Halloween is a time for fun and treats! Here are some ideas for healthier treats to use at parties, at home or in the classroom.

## Pumpkin

- Cookies
- Loaves
- Muffins
- Roasted seeds
- Soup



## Cheese and Crackers

Sliced cheddar cheese can be cut into Halloween shapes with small cookie cutters.

## Orange and (almost) Black Fruit Platter:

(Include as many varieties as you like!)

- Cantaloupe
- Dark purple grapes
- Dried apricots
- Mangoes
- Nectarines
- Oranges
- Papaya
- Plums
- Tangerines

## Orange Vegetable Platter:

- Carrots
- Orange pepper strips

## Spooky Dip

- 19 oz (540ml) can black beans, pureed
- 1/2 cup (125ml) plain yogurt
- 2 Tbsp (30 ml) finely chopped onion
- 1/2 tsp (2ml) pepper
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1ml) oregano

Mix all ingredients together and chill for 1 hour.



*Adapted by the Public Health Nutritionists of Saskatchewan from the Saskatoon Health Region*