



Happy Halloween!



The Haunted History of Halloween Candy

For most American kids, it wouldn't be Halloween without trick-or-treating for candy;

however, that wasn't always the case. When the custom of trick-or-treating started in the 1930s and early 1940s, children were given everything from homemade cookies and pieces of cake to fruit, nuts, coins and toys. In the 1950s, candy manufacturers began to get in on the act and promote their products for Halloween, and as trick-or-treating became more popular, candy was increasingly regarded as an affordable, convenient offering. It wasn't until the 1970s, though, that wrapped, factory-made candy was viewed as the only acceptable thing to hand out to all the little ghosts and goblins that showed up on people's doorsteps. A key reason for

this was safety, as parents feared that real-life boogeymen might tamper with goodies that weren't store-bought and sealed.

Resource: <https://www.history.com/news/the-haunted-history-of-halloween-candy>

October Food Holidays

October 1: National Pumpkin Spice Day

October 2: World Farm Animals Day

October 3: National Soft Taco Day

October 4: National Taco Day

October 5: National Apple Betty Day

October 6: National Noodle Day

October 7: National Frappe Day

October 8: National Fluffernutter Day

October 9: National Pizza and Beer Day

October 10: National Angel Food Cake Day

October 11: National Sausage Pizza Day

October 12: National Gumbo Day

October 13: National M&M Day

October 14: National Dessert Day

October 15: National Mushroom Day

October 16: National World Food Day

October 17: National Pasta Day

October 18: National Chocolate Cupcake Day

October 19: National Seafood Bisque Day

October 20: National Brandied Fruit Day

October 21: National Pumpkin Cheesecake Day

October 22: National Nut Day

October 23: National Boston Cream Pie Day

October 24: Feast of Good & Plenty

October 25: National Greasy Foods Day

October 26: National Pumpkin Day

October 27: National Potato Day

October 28: National Chocolate Day

October 29: National Oatmeal Day

October 30: National Candy Corn Day



October 31: National Caramel Apple Day

Resource: <https://foodimentary.com/october-holidays/>



Haunted Halloween Pancakes

Ingredients

2 Cups All Purpose
Biscuit Baking Mix (aka
Bisquick)
½ cup canned pumpkin
puree
1 cup whole milk
2 eggs
2½ Tbs sugar
2-3 dashes of
cinnamon (optional)
Red & yellow food
coloring
1-2 handfuls of
semisweet chocolate
morsels
Your favorite syrup
Black food coloring
Reddi Whip for topping

Directions

In a large mixing bowl,
combine all ingredients

(except syrup, reddy whip and black food coloring) one at a time and beat until smooth. I used about 3 drops of red and 5 drops of yellow food coloring.
Spray skillet with nonstick cooking spray

Pour pancake batter onto skillet and allow to cook on one side for roughly 30-40 seconds (cook time depends on how hot your skillet is)

Add in a sprinkle of chocolate morsels while the pancakes are cooking

Flip pancake and cook on other side until done

For Syrup:

Pour your favorite syrup into a bowl and stir in a few drops of black food coloring.

Pour over pancakes and top with Reddi whip

Resource: <https://www.southernmadesimple.com/haunted-halloween-pancakes/>

Happy Haunted Eating,
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