



Healthy Halloween Snacks

Created by Restore Wellness



Monster Veggie Dip Tray

7 ingredients · 15 minutes · 5 servings



Directions

1. Arrange the vegetables and dressing into jars and dip away! Add googly eyes, or cut eyes out using black and white paper. Enjoy!

Notes

Leftovers

Refrigerate the vegetables and dressing separately.

Serving Size

One serving is approximately one cup of vegetables and 1/2 cup of ranch.

No Ranch Dressing

Use other dressing or dip of choice like tzatziki, hummus, spinach dip, or a combination of these.

Decorations

Check out your local craft store or dollar store for some fun props!

Ingredients

- 1 Orange Bell Pepper (large, sliced)
- 1 cup Cherry Tomatoes
- 1/4 head Cauliflower (small, cut into florets)
- 1/2 cup Broccoli (cut into florets)
- 1 cup Baby Carrots
- 4 stalks Celery (cut into sticks)
- 2 1/2 cups Vegan Ranch Dressing (thick)

Nutrition

Amount per serving

Calories	562	Cholesterol	0mg
Fat	56g	Sodium	945mg
Carbs	13g	Vitamin A	5123IU
Fiber	3g	Vitamin C	98mg
Sugar	4g	Calcium	67mg
Protein	2g	Iron	1mg

Vegan Ranch Dressing

10 ingredients · 10 minutes · 8 servings



Directions

1. In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
2. Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!

Notes

Serving Size

One serving is equal to approximately two tablespoons of dressing.

Serve it With

Veggie sticks for dipping or as a spread on burgers, sandwiches, or wraps. Make it a bit thinner in consistency and use it as a salad dressing.

Leftovers

Keeps well in the fridge up to 4 to 5 days.

Ingredients

1 cup Cashews (raw)
1/2 cup Water
1 tbsp Nutritional Yeast
3/4 tsp Sea Salt
1 tbsp Apple Cider Vinegar
3 tbsps Tahini
1 tsp Garlic Powder
1 tsp Onion Powder
1/4 cup Parsley (finely chopped)
1/4 cup Chives (finely chopped)

Nutrition

Amount per serving

Calories	140	Cholesterol	0mg
Fat	11g	Sodium	236mg
Carbs	8g	Vitamin A	229IU
Fiber	1g	Vitamin C	3mg
Sugar	1g	Calcium	39mg
Protein	4g	Iron	2mg

Frankenstein's Monster Guacamole

10 ingredients · 15 minutes · 6 servings



Directions

1. In a small bowl, mash the avocado with a fork. Stir in the onions, cilantro, lime juice, and cumin. Season with salt and pepper.
2. Scoop the guacamole onto a platter, forming it into a rectangular shape.
3. Add some of the chips at the top of the plate to create the hair and add any remaining chips to a bowl or basket on the side.
4. Customize the face with sour cream, refried beans, and olives as desired. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1/3 cup of guacamole and 1/2 cup of chips.

Serve it With

Vegetables and/or more tortilla chips.

Ingredients

- 3 Avocado (large)
- 2 stalks Green Onion (finely chopped)
- 3 tbsps Cilantro (finely chopped)
- 2 tbsps Lime Juice
- 1/2 tsp Cumin
- Sea Salt & Black Pepper
- 3 cups Corn Tortilla Chips
- 1 tbsp Sour Cream
- 1/16 can Refried Beans
- 1 tbsp Black Olives (pitted, halved)

Nutrition

Amount per serving

Calories	239	Cholesterol	1mg
Fat	18g	Sodium	38mg
Carbs	19g	Vitamin A	369IU
Fiber	8g	Vitamin C	13mg
Sugar	1g	Calcium	44mg
Protein	3g	Iron	1mg

Sweet Potato Jack-o'-Lanterns

3 ingredients · 45 minutes · 3 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Meanwhile, cut jack-o'-lantern shapes into the sweet potato slices. You may find using a pairing knife easiest for this task.
3. Toss the slices in the oil and season with salt. Arrange on the baking sheet in a single layer. Bake for 30 minutes or until the slices are crispy.
4. Let the slices cool on a cooling rack to retain crispiness before serving. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Re-crisp in the oven.

Serving Size

One serving is approximately seven to ten chips.

More Flavor

Season with chipotle powder, garlic powder and/or ground cumin.

Ingredients

1 Sweet Potato (large, thinly sliced)

2 **tsps** Avocado Oil

1/8 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	65	Cholesterol	0mg
Fat	3g	Sodium	122mg
Carbs	9g	Vitamin A	6148IU
Fiber	1g	Vitamin C	1mg
Sugar	2g	Calcium	13mg
Protein	1g	Iron	0mg

Candy Corn Chia Parfait

6 ingredients · 15 minutes · 4 servings



Directions

1. Steam the sweet potato for six to eight minutes until just tender. Transfer to a plate to cool down.
2. In a bowl, combine the chia seeds with 1/3 of the yogurt, maple syrup, and vanilla. Mix well and place in the refrigerator until ready to use.
3. Blend together 2/3 of the mango with half of the remaining yogurt, until smooth. Divide into small glass jars to create the bottom layer. Keep refrigerated until ready to add the next layer.
4. Blend together the cooked sweet potatoes, the remaining mango, and the remaining yogurt until smooth. Divide into the glass jars to create the middle layer.
5. Top each jar with the vanilla chia yogurt and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

Small glass jars, approximately 4 oz or 118 mL in size were used to make each serving. One serving is equal to one glass jar.

More Flavor

Use other fruits like bananas or pineapple for the bottom layer. Use carrots in place of sweet potatoes.

Ingredients

- 1 Sweet Potato (small, diced)
- 1 **tbsp** Chia Seeds (white)
- 1 **1/2 cups** Unsweetened Coconut Yogurt (divided)
- 2 **tsps** Maple Syrup
- 1 **tsp** Vanilla Extract
- 1 **1/2 cups** Frozen Mango (slightly thawed, divided)

Nutrition

Amount per serving

Calories	132	Cholesterol	0mg
Fat	4g	Sodium	38mg
Carbs	24g	Vitamin A	5280IU
Fiber	4g	Vitamin C	23mg
Sugar	12g	Calcium	227mg
Protein	2g	Iron	1mg

Jack-o'-Lantern Protein Balls

10 ingredients · 45 minutes · 7 servings



Directions

1. In a bowl, combine the almond butter, pumpkin, maple syrup, vanilla, oats, salt, protein powder, and collagen powder. Place in the freezer for 10 to 15 minutes before shaping into approximately two-inch balls. If the batter is a little sticky, wet your hands.
2. Arrange the chocolate chips onto each ball to resemble jack-o'-lanterns. Add a piece of pretzel to each to make a stem. Eat right away or place in the freezer for 20 to 30 minutes. Enjoy!

Notes

Leftovers

Store in an airtight container in the freezer for up to one month. Thaw for five to ten minutes before eating.

Serving Size

One serving is two jack-o'-lanterns.

No Almond Butter

Use cashew or peanut butter.

Gluten-Free

Use gluten-free pretzels.

Ingredients

- 2/3 cup** Almond Butter (runny)
- 1/3 cup** Pureed Pumpkin
- 1/4 cup** Maple Syrup
- 1 tsp** Vanilla Extract
- 1 1/2 cups** Oats (rolled)
- 1/8 tsp** Sea Salt
- 1/2 cup** Vanilla Protein Powder
- 3/4 oz** Collagen Powder
- 3 tbsps** Dark Chocolate Chips (mini)
- 1/8 oz** Pretzels (broken into pieces)

Nutrition

Amount per serving

Calories	322	Cholesterol	1mg
Fat	17g	Sodium	70mg
Carbs	29g	Vitamin A	1816IU
Fiber	5g	Vitamin C	1mg
Sugar	12g	Calcium	141mg
Protein	16g	Iron	2mg

Pumpkin Veggie Tray

3 ingredients · 10 minutes · 6 servings



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.

Ingredients

3 cups Baby Carrots

1/2 Cucumber

3/4 cup Vegan Ranch Dressing

Nutrition

Amount per serving

Calories	163	Cholesterol	0mg
Fat	14g	Sodium	285mg
Carbs	9g	Vitamin A	11526IU
Fiber	2g	Vitamin C	7mg
Sugar	4g	Calcium	49mg
Protein	0g	Iron	1mg

Creepy Crawly Spider Pretzels

8 ingredients · 15 minutes · 10 servings



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.

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	Cholesterol	0mg
Fat	3g	Sodium	66mg
Carbs	15g	Vitamin A	1IU
Fiber	2g	Vitamin C	0mg
Sugar	9g	Calcium	11mg
Protein	2g	Iron	0mg

Bat Energy Bites

7 ingredients · 15 minutes · 10 servings



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.

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	Cholesterol	0mg
Fat	7g	Sodium	31mg
Carbs	11g	Vitamin A	4IU
Fiber	3g	Vitamin C	0mg
Sugar	6g	Calcium	18mg
Protein	2g	Iron	1mg

Spooky Spider Deviled Eggs

5 ingredients · 30 minutes · 3 servings



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.

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	Cholesterol	378mg
Fat	21g	Sodium	339mg
Carbs	2g	Vitamin A	598IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	70mg
Protein	13g	Iron	3mg

Banana Ghosts

5 ingredients · 2 hours 40 minutes · 8 servings



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.

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	Cholesterol	0mg
Fat	9g	Sodium	1mg
Carbs	34g	Vitamin A	38IU
Fiber	2g	Vitamin C	5mg
Sugar	26g	Calcium	3mg
Protein	1g	Iron	0mg

Clementine Pumpkins

2 ingredients · 5 minutes · 4 servings



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.

Ingredients

1 stalk Celery

4 Clementines (peeled)

Nutrition

Amount per serving

Calories	36	Cholesterol	0mg
Fat	0g	Sodium	9mg
Carbs	9g	Vitamin A	45IU
Fiber	1g	Vitamin C	36mg
Sugar	7g	Calcium	26mg
Protein	1g	Iron	0mg

Spiders on a Log

3 ingredients · 15 minutes · 4 servings



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.

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	Cholesterol	0mg
Fat	13g	Sodium	36mg
Carbs	9g	Vitamin A	180IU
Fiber	2g	Vitamin C	1mg
Sugar	5g	Calcium	27mg
Protein	5g	Iron	1mg

Mini Spider Web Pizzas

4 ingredients · 15 minutes · 2 servings



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.

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	Cholesterol	19mg
Fat	10g	Sodium	550mg
Carbs	47g	Vitamin A	246IU
Fiber	2g	Vitamin C	1mg
Sugar	4g	Calcium	161mg
Protein	13g	Iron	4mg

Candy Corn Fruit Kabobs

4 ingredients · 15 minutes · 5 servings



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.

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	Cholesterol	0mg
Fat	0g	Sodium	10mg
Carbs	22g	Vitamin A	1926IU
Fiber	2g	Vitamin C	48mg
Sugar	15g	Calcium	14mg
Protein	1g	Iron	0mg

Monster Apple Bites

4 ingredients · 15 minutes · 4 servings



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.

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	Cholesterol	0mg
Fat	10g	Sodium	2mg
Carbs	17g	Vitamin A	58IU
Fiber	3g	Vitamin C	5mg
Sugar	12g	Calcium	17mg
Protein	4g	Iron	1mg