



HALLOWEEN RECIPES

**FUN & SPOOKY, KID-FRIENDLY
RECIPES**

HALLOWEEN CAN STILL BE ENJOYED WITHOUT SUGAR



Halloween can be a stressful holiday for parents. Sugar intake in children is a serious issue, and many parents can feel like the end of October and beginning of November are a long-winded negotiation on how much candy their kids are allowed to eat. Adding citrin deficiency to the mix can only make things trickier. On the bright side, there are many ways to celebrate Halloween without overloading on sugar – limiting sugar intake does not have to mean limiting fun! We have put together some fun recipes and food-related activities to help get you and your kids excited about food.

Veggie Skeleton Platter: Arrange a variety of colourful vegetables like carrot sticks, cucumber slices, cherry tomatoes, and bell pepper strips on a platter to create a skeleton shape.

Mummy Wrapped Hot Dogs: Wrap turkey or chicken hot dogs with whole wheat tortillas or strips of thinly sliced zucchini to create mummy-like wrappings. Use mustard or ketchup to add eyes for a cute and savoury treat.

Monster Avocado Toast: Top whole-grain toast with mashed avocado and use sliced olives for eyes and a tomato slice for the mouth to create friendly or spooky monster faces.

Witch's Broomsticks: Make witch's broomsticks using pretzel rods and string cheese sticks. Simply cut one end of the string cheese into thin strips, leaving the other end intact, and insert a pretzel rod into the intact end. These broomsticks are a fun and protein-rich snack.

Chorizo and Olive Eyeballs: Cut up chorizo sausage (or any sausage of your liking), spread with cream cheese and add slices of green and black olives for a savoury, spooky treat.

HEALTHIER SNACKS FOR TRICK-OR-TREATERS



Pretzels
Popcorn
Chips
Crackers
Dried fruits

