

Banana Ghosts & Tiny Pumpkins

Serves 12

Perfect for a party, these treats are a great way to provide your kids with some healthy choices.

Ingredients

6 bananas, peeled and cut in half horizontally
24 carob chips
12 tangerines or clementines, peeled
2 stalks celery, peeled and cut into 12½ inch pieces, and sliced thin (see picture)



Directions

For the Banana Ghouls, place carob chips as “eyes” on the bananas, turning them into ghostly goodies! For the Tiny Pumpkins, insert one cut celery piece into the center of each clementine to make a party “pumpkin” treat. Serve on a large platter at room temperature.

No-Bake Ghoulish Chocolate Treats

These are great to help you crowd out the Halloween candy!

Ingredients

1½ cups walnuts
1 cup pitted dates
1 tsp vanilla
1/3 cup cacao powder
1/2 cup fresh mint

Directions

Mix all ingredients together in food processor; pulse and then blend well. The mixture should have the consistency of peanut butter. Use a melon baller to form mixture into one-inch balls and place in mini muffin cups in a mini muffin tray (the tray just keeps them from sliding around as you fill the cups!). You can leave the mixture as a round ball or simply press mixture into muffin cup (not as pretty but less fuss). Take out filled muffin cups and place them in a re-sealable storage container using wax paper in between layers; place in freezer for at least an hour. Serve cold or at room temperature.