

Healthier Halloween

After some spooky treats that everyone can enjoy? These fun and simple recipes should do the trick!



Playful pumpkins

SERVES 8 PREP 10 MIN



8 mandarins, peeled
1 celery stick

1 Cut celery into 8 thin pieces and stick into the middle of each peeled mandarin.

0 SmartPoints value per serve



Monster mouths

SERVES 8 PREP 10 MIN



1 red apple
60g smooth or crunchy peanut butter
48g white mini marshmallows

1 Cut the apple into 16 wedges, removing the core.

2 Spread a small amount of peanut butter onto one side of each apple wedge.

3 Put a line of mini marshmallows across one apple wedge and then top with another apple wedge, peanut butter side down.

4 Repeat until all the wedges are used up.

2 SmartPoints value per serve

Boo-nanas

SERVES 8 PREP 10 MIN



4 bananas
24 milk chocolate chips

1 Peel the bananas and cut them in half, standing them up on their cut side.

2 Using the pointed end of the chocolate chips, push three into each banana half so it resembles eyes and mouths.

3 Place each half banana onto a wooden stick to serve.

1 SmartPoints value per serve



Choc orange bonfire cakes

**SERVES 16 PREP 10 MIN
COOK 30 MIN**



16 oranges
1 box (540g) Betty Crocker Devil's Food Cake Mix
3 medium eggs
90ml vegetable oil

1 Preheat oven to 180°C. Slice off the tops of the oranges (about 1.5cm). Use a small sharp knife to carefully cut around the orange flesh and then hollow out the orange with a spoon, removing all the flesh from the inside.

2 Prepare the cake mix following packet instructions and then fill each orange ¾ full with batter.

3 Carefully place the oranges into a baking tray with a rim and bake for 30 minutes or until a toothpick inserted into the centre comes out clean. Let them cool slightly before serving.

8 SmartPoints value per serve



PUMPKIN CARVING

Good carving starts with the right pumpkin. Choose one with a sturdy stem and a flat bottom so it won't roll while you carve.

HOW TO ENJOY A SMART HALLOWEEN

There are plenty of ways to enjoy the frighteningly fun holiday without worrying about going over your SmartPoints allowance.

1

SWITCH TO NON-EDIBLE PARTY FAVOURS

To avoid having a lot of lollies lying around, try sticking to non-edible favours, such as small Halloween toys.

2

PLAY GAMES

Whether you're spending Halloween with kids or throwing a get-together for friends, emphasise fun instead of sugary foods by organising some traditional Halloween activities, like bobbing for apples or pumpkin carving.

3

EAT BEFORE YOU 'TRICK-OR-TREAT'

If you're heading out trick-or-treating with the kids, try eating a healthy snack beforehand so you're less likely to feel hungry for any Halloween lollies.



Petrifying pizzas

**SERVES 12 PREP 10 MIN
COOK 8 MIN**



6 x 30g mini brioche sliders, halved
60g tomato puree
½ tsp dried mixed herbs
200g mozzarella, sliced into 12 slices
2 black olives, sliced into small pieces

1 Preheat the grill to medium. Top each slider half with 1 teaspoon of tomato puree, then sprinkle over the mixed herbs.

2 Cut each mozzarella slice into a rough ghost shape and arrange on top. Add the olive pieces on top of the pizzas to resemble eyes and mouths.

3 Place on a large baking tray and grill for 6-8 minutes until the mozzarella has melted.

4 SmartPoints value per serve

delicious gifts

Treat loved ones to some yummy Christmas food gifts. Easy to make, they offer a personal touch to your present giving

White Christmas bliss balls

makes: 16 cooking: 15 min



- 1 cup (150g) raw cashews
- 1 cup (75g) desiccated coconut
- 1 tbs maple syrup
- ¼ cup (10g) puffed rice
- 2 tbs dried cranberries, finely chopped
- 1½ tbs desiccated coconut, extra

COOK'S NOTE

For a chocolate twist, omit the cranberries and add 1 tablespoon of raw cacao powder with the cashews. The SmartPoints value remains the same.

4 SmartPoints value per serve

- 1 Using a food processor, process cashews, coconut, maple syrup and 1 tablespoon water until mixture starts to form a ball.
- 2 Transfer to a bowl. Add puffed rice and cranberries. Mix until well combined.
- 3 Roll the mixture into 16 balls. Roll balls in extra coconut to coat. Chill until required. Bring to room temperature to serve.

Strawberry & chia jam

makes: 250ml serves: 10 (serving size 25ml)
prep: 10 min cooking: 5 min



250g strawberries, hulled, halved
5 fresh dates, pitted, chopped
2 tbs black chia seeds
½ vanilla bean, split lengthways,
seeds scraped

- Using a food processor or mixer, process strawberries, dates and half the chia seeds until a puree forms.
- Transfer mixture to a saucepan with vanilla bean and seeds, 1 tablespoon water and remaining chia seeds. Cook over medium heat for 2 minutes or until mixture just comes to a simmer. Remove from heat.
- Pour into a sterilised 1 cup (250ml) jar and seal. Store in fridge for up to 4 days.

COOK'S NOTE

The lack of sugar means this jam doesn't have a long shelf-life, but it's better for you. Best made close to gifting day, it's yummy on wholegrain bread or swirled into yoghurt.

0 SmartPoints value per serve



Gingerbread biscotti

makes: 24 prep: 30 min
cooking: 35 min + 30 min cooling



½ cup (75g) brown sugar
1 egg, at room temperature
1 cup (150g) plain flour
1 tsp ground ginger
1 tsp ground cinnamon
¼ tsp ground cloves
1 tsp finely grated lemon rind
½ cup (55g) raw almonds

- Preheat oven to 180°C. Line a large baking tray with baking paper. Using electric beaters, beat sugar and egg in a large bowl for 3 minutes or until thick and creamy. Add flour, spices and lemon rind. Mix until combined. Stir in almonds.
- Turn onto a lightly floured surface and shape into a 25cm log. Place on prepared tray. Bake for 25 minutes or until firm. Set aside for 30 minutes to cool. Reduce oven to 140°C.
- Once log is cool, use a serrated knife to cut into 1cm-thick slices. Return to prepared tray in a single layer. Bake for 10 minutes, turning biscotti halfway through. Set aside on tray to cool completely. Store in an airtight container or sealed bags for up to 2 weeks.

COOK'S NOTE

For a nut-free version, replace almonds with 40g chopped dark chocolate for the same SmartPoints value per biscotti.

2 SmartPoints value per serve



Choc-toasted muesli

serves: 8 prep: 15 min cooking: 45 min + cooling



2 cups (180g) whole rolled oats
50g seed mix (sunflower kernels
and pepitas)
2 tbs sesame seeds
2 tbs raw cacao powder
½ tsp ground cinnamon
½ cup (125ml) apple juice
½ cup (40g) pecans, halved lengthways
¼ cup (20g) shredded coconut
4 dried apricots, thinly sliced
1½ tbs raisins, cut in half

- Preheat oven to 180°C. Combine oats, seed mix, sesame seeds, cacao powder and cinnamon in a large baking dish.
- Add juice. Mix until the dry ingredients are well coated. Bake for 25 minutes, stirring once halfway through. Add pecans and coconut. Mix until well combined. Bake for a further 20 minutes, stirring once halfway through, until golden. Cool on tray.
- Add apricot and raisins. Mix until well combined. Store in an airtight container.

8 SmartPoints value per serve

People with food allergies or sensitivities should always check the ingredient information on products to ensure they meet their dietary needs.

Sugar 'n' spice nut mix

serves: 16 prep: 20 min cooking: 30 min + 20 min



1 egg white, at room temperature
2 tbs caster sugar
½ tsp ground cinnamon
¼ tsp ground ginger
½ cup (70g) macadamias
½ tsp ground cumin
Large pinch chilli powder
½ cup (70g) pistachio kernels
½ cup (75g) raw cashews
1 cup (40g) mini pretzels

- Preheat oven to 160°C. Line a large baking tray with baking paper. Using electric beaters, beat egg white in a medium bowl until soft peaks form. Add sugar gradually, beating well between additions, until sugar is completely dissolved. Transfer half the mixture to a medium bowl.
- Stir cinnamon and ginger into one bowl until just combined. Add macadamias and mix until well coated. Stir cumin and chilli into remaining bowl. Add pistachios kernels and cashews. Stir until well coated. Place macadamia mixture on one side of prepared tray. Place pistachio and cashew mixture on other side.
- Bake for 30 minutes, stirring every 10 minutes to break up mixture. Set aside for 20 minutes to cool. Add pretzels and toss to combine. Store in airtight containers or sealed bags.

4 SmartPoints value per serve

