Have A Healthy Halloween

It’s Halloween, there's no shortage of candy lying around. Fear not, you don’t have to avoid this sugar-laden holiday, there are plenty of treats that are not only festive and delicious, but won’t ruin your diet. Check out some healthy treat recipes that you and your family can enjoy this Halloween. Stay away from processed, store-bought snacks and opt for these homemade options instead.

**Candy Corn Fruit Parfait**- this is a low-calorie Halloween recipe you can indulge in without guilt.

PREP TIME: 10 minutes TOTAL TIME: 10 minutes

INGREDIENTS: 2 (15 ounce) cans of mandarin oranges, 3 cups fresh pineapple, cut into chunks, sugar free cool whip.

INSTRUCTIONS: 1). In a decorative glass, layer fresh pineapple on the bottom and mandarin orange slices on top of it. 2.) Top fruit with cool whip.

**Pumpkin Apple Pops**- these are delicious, healthy, and adorable!

PREP TIME: 5 minutes TOTAL TIME: 5 minutes

INGREDIENTS: 2 Apples, 1/2 Cup Greek Yogurt, Natural Orange Food Coloring, Sugar-Free Chocolate Chips, and Popsicle Sticks

INSTRUCTIONS: 1.) Cut apple into 1/2 inch thick slices. 2.) Place one popsicle stick about 1/4-1/2 inch through top of slice. 3.) In small bowl mix together Greek yogurt and orange food coloring until desired "pumpkin" color is achieved. 4.) Spread yogurt onto one side of the apple slice. 5.) Arrange chocolate chips into Jack-O-Lantern face. 6.) Serve immediately or freeze.

**Chocolate Peanut Butter Protein Ball Spiders**- these are packed with protein and a fun healthy snack.

PREP TIME: 20 minutes COOK TIME: 1 minute TOTAL TIME: 21 minutes

INGREDIENTS: 1 cup natural peanut butter, 1/4 cup raw honey, 1/4 cup unsweetened cocoa powder, 2 tablespoons heaping rice protein powder, 48 candy eyes, 1 cup dark chocolate chips

INSTRUCTIONS: 1.) Mix the peanut butter, honey, cocoa powder, and protein powder together until it forms a smooth dough. 2.) Roll pieces of dough into 24 balls a little smaller than an inch in diameter. 3.) Place two candy eyes onto each chocolate peanut butter protein ball. 4.) Melt chocolate chips in a microwave safe container. Start with a minute, then stir, and continue in 15 second intervals until it is smooth and creamy. 5.) Place the chocolate into a bag fitted with a #3 round tip. 6.) Pipe eight legs for each chocolate peanut butter protein ball, moving from the outside to the center, then place the ball on the center. 7.) Refrigerate at least 10 minutes before eating. These can keep in the fridge for up to two weeks.

Halloween is one of those times when its easy to just fall off and stuff and consume tons of sugar. Candy is loaded with artificial colors, ‘natural’ flavors, refined sugars and hydrogenated oils. The good news? You now have several homemade healthy Halloween treat options!