

Happy Healthy Halloween



Trick, Treat or Toy?

Researchers from Yale University's Center for Eating and Weight Disorders investigated whether children would choose toys over candy when offered both on Halloween. They observed 284 kids between the ages of 3 and 14. Guess what? Children were just as likely to choose toys as candy, regardless of gender. (*J Nutr Educ Behav.* 2003 Jul-Aug; 35 (4):207-9)

Non-Candy Ideas:

- **Fun fruits** - use stickers and gummy worms to decorate fruit for Halloween.
- **Healthy muffins**
- **Party favors** - Look in the party aisle of your favorite discount store for bulk packs of toys.
- **Stickers**
- **Pencils**, crayons, markers
- **Stamps**
- **Notepads**
- **Erasers**
- **Balloons**
- **Balls**
- **Small games**
- **Services** - Face painting or balloon making

Candy Tips:

- Purchase only what you will use; avoid jumbo bags.
- Buy at the last minute.
- Choose non-fat candies such as Smarties, Tootsie Rolls and small pops.

Easy Pumpkin Pudding

1 cup canned pumpkin
1 package (4-serving size) sugar-free, instant vanilla pudding mix
1 teaspoon pumpkin pie spice
1-1/4 cups skim milk

Directions:

Mix all ingredients together. Place in individual bowls or glasses and chill until set. Serve cold with nonfat whipped cream on top (optional).

Makes 4 servings. Each 2/3 cup serving: 77 calories, 0 g fat, 0 g saturated fat, 2 mg cholesterol, 380 mg sodium, 15 g carbohydrate, 2 g fiber, 4 g protein.

Wormy Apples

6 red baking apples, cored, sliced
1/4 cup raisins
1 Tbsp soft margarine
juice of one lemon
1 tsp cinnamon
pinch nutmeg
1 Tbsp brown sugar
6 candy gummy worms

Directions:

Preheat oven to 350 degrees. Combine apples, raisins, lemon juice, spices and sugar in a large baking dish. Cover and bake until apples are tender, about 30-45 minutes. Place in bowls and serve warm or chilled. Garnish each one with a gummy worm.

Serves 6. Each 1/2 cup serving: 137 calories, 2.5 g fat, 0.5 g saturated fat, 0 mg cholesterol, 28 mg sodium, 31 g carbohydrate, 0.5 g protein, 4 g fiber.

Brought to you by:

Pumpkin Apple Butter

2 baking apples, cut in wedges
1-1/2 tsp pumpkin pie spice
1/4 cup brown sugar
1 cup orange or apple juice
15 oz. can pumpkin

Directions:

Place apple wedges, spices and orange juice in a *covered* glass container and microwave until apples are tender, about 15 minutes. Mash apples and add pumpkin. Puree in food processor until smooth. Serve warm or refrigerate for later use.

Use for topping oatmeal, whole wheat toast, yogurt and muffins.

Serves 8. Each 1/3 cup serving: 72 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 5 mg sodium, 17 g carbohydrate, 3 g fiber, 1 g protein.

Witch's Slaw

1 red apple, cored and shredded
1 cup shredded carrots
1 cup shredded purple cabbage
3 cups shredded cabbage
1 cup nonfat vanilla yogurt
1 Tbsp vinegar

Directions:

Combine all ingredients in a medium-sized mixing bowl. Chill until ready to serve. For fun with older kids, you can garnish each serving with a plastic spider.

Serves 5. Each 1 cup serving: 62 calories, 0 g fat, 0 g saturated fat, 2 mg cholesterol, 35 mg sodium, 13 g carbohydrate, 2.5 g fiber, 2.5 g protein.