

## Healthy Halloween Party Food Ideas!



Juice Box Mummies – 100% fruit juice



Clementine Pumpkins!



Spooky Pumpkins! Need a marker &  
Mandarin Orange fruit cups  
(light syrup or water packed)



Whole grain crackers, light cream  
cheese, & low sugar fruit based jam.



### Frozen "Boo"-nana Pops

*Skinnytaste.com*

**Servings:** 4 • **Size:** 1 banana pop • **Old Points:** 2 pts • **Points+:** 3 pts

**Calories:** 98 • **Fat:** 4.5 g • **Protein:** 1.3 g • **Carb:** 14 g • **Fiber:** 0.7 g • **Sugar:** 10.7

**Sodium:** 13.8 mg

Ingredients:

1 medium banana

1 large container of Vanilla Yogurt

8 mini chocolate chips

4 popsicle sticks

## Healthy Halloween Party Food Ideas!



Vegetable tray: Carrots, cucumber, & broccoli.  
Low fat dipping sauce.



Vegetable tray: Green vegetables with a  
"mummy dip" with low fat cheese string strips  
wrapped on top.



Pumpkin Vegetable Tray: variety of vegetables with low fat dip housed in a mini pumpkin.



Baked Apples in the slow cooker! Use of brown sugar sparingly, cinnamon & peanut/nut free granola to fill the middle of the apples. Use 100% apple juice as liquid in slow cooker.



Hot Air Popcorn Hand! Use candy corn for finger tips/nails. Omit butter and salt – or lightly salt if needed. Place in food safe plastic grade glove.

## Healthy Halloween Party Food Ideas!



Fall dessert



Halloween Food! Could try to use a flavored cream cheese or vanilla icing sparingly.



Healthier choice: Draw face on clear cup add green food coloring to vanilla yogurt (instead of pudding) and crush nut/peanut free granola (instead of oreos) on top!



Cute for Halloween- could serve snacks or drinks from these.

## Healthy Halloween Party Food Ideas!



Coffin Dip. The coffin is a loaf of wheat bread.



Halloween taco dip. Serve with whole grain tortilla chips. Be sure to opt for the freshest of items - Yum!



Pumpkin Frozen yogurt:

1 Cup Greek yogurt, 1 cup pumpkin puree,

1 T. honey, 1 t. cinnamon.



So cute! Choose lean meat & cheese

- be sure to offer whole wheat buns

too!

## *Healthy Halloween Party Food Ideas!*



A Healthy Halloween Snack



Veggies arranged in a candy corn scheme with dip in a pumpkin!



Deviled Eggs--love the decor for Halloween or Thanksgiving!



Halloween Quesadilla



Could do this with a little variation



Spider eggs

## Healthy Halloween Party Food Ideas!



halloween healthy salads



Jack o lantern sandwiches



Spookamole



Spider ring – Halloween



Veggie Skeleton for a Halloween party



Halloween Appetizer Recipe: Edible Eyeballs - Carrots, cream cheese and olive

## Healthy Halloween Party Food Ideas!



Monster watermelon



Halloween food ideas: like the mummy pizzas! Use whole wheat english muffins, sauce, strips of mozza cheese & black olive rings for eyes. Yummy & good for you too!!



halloween- nice idea for the classroom party!

Popcorn



deviled egg eyeballs

## *Healthy Halloween Party Food Ideas!*



Apple slices with the cores removed using mini cookie cutters.



halloween candy corn pizza



Jack-'O-Lantern Fruit Plate



Jack-O-Lantern Sweet Potato Fries