

# Healthy Halloween Treats | Alethia True Fit By You

Fall is upon us, which means that the eating holidays are quickly approaching. Halloween is not only a holiday that involves dressing up, it is also when our neighbors are likely to say, “hello” with a plate of pumpkin chocolate chip cookies or cupcakes with orange icing. Enjoying this eating holiday can be done in a healthful way. To help, we’re sharing a few of our favorite healthy Halloween treats that won’t slow you down or make your body work harder but still taste GREAT!



**HEALTHY Halloween Treats**

## HEALTHFUL Eating Can Be Fun and Delicious

These nutritious Halloween treats are fun to make and delicious to eat. While healthful eating has its challenges especially during the holiday season, you can make it easier with preparation. By choosing healthy Halloween treats that are delicious, you'll be honoring your body and your taste buds.



# Chocolate Pumpkin Swirl Muffins

## Ingredients:

2 large eggs beaten (room temperature)

2 cups peanut butter or almond butter

$\frac{1}{2}$  cup pure maple syrup

$\frac{1}{2}$  cups pure pumpkin puree

2 tsp baking soda

2 tsp vanilla extract

5 tablespoons unsweetened cacao powder

$\frac{1}{4}$  cup cacao or dark chocolate chips

## Directions:

The first step is to preheat your oven to 350 degrees Fahrenheit. Then, spray the muffin pan or line the containers with parchment liners. Blend together the eggs, nut butter, pure maple syrup, baking soda and vanilla until the mixture is smooth. Set aside two cups of the batter in a separate bowl. In the original bowl, add the cacao powder and the chocolate chips. Mix the combination together. Scoop  $\frac{1}{2}$  of each batter into every muffin container, making them half chocolate and half pumpkin. Swirl them together with a toothpick and bake for 25 to 30 minutes until a toothpick comes out clean. These are moist muffins as long as they aren't overbaked.



# Pumpkin Peanut Butter Brownies

## Ingredients:

1  $\frac{1}{2}$  cups all-natural pumpkin puree

$\frac{3}{4}$  cup smooth peanut butter

$\frac{1}{4}$  cup raw cacao powder

5 Medjool pitted dates

2 cups dark melted chocolate

1 cup canned coconut milk

## Directions:

Preheat the oven to 350 degrees Fahrenheit and line a 6 x 6-inch baking pan with parchment paper. Grease the parchment paper lightly with coconut spray. In a high-speed blender or food processor, add pumpkin puree, cacao powder, peanut butter and dates. Pulse until you have formed a thick batter. Pour the mixture into the pan and allow it to bake for 15 to 20 minutes or until a toothpick comes out batter-free. Remove the brownies from the oven and let them cool. In a small bowl, combine the melted chocolate with coconut milk. Whisk together until they're well combined. Pour the chocolate over the top of the brownies and level it using a spatula. Refrigerate for at least 3 hours. Then, cut into 6 to 8 brownies.



## **Pumpkin Pudding**

### **Ingredients:**

4 ounces of almond milk

2 ounces of water

$\frac{1}{2}$  banana

1 tablespoon pumpkin puree

1 scoop pumpkin spice Shakeology

A dash of pumpkin pie spice

### **Directions:**

Mix the ingredients in a blender, scraping down as needed. Once blended, enjoy.



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For more delicious and healthy Halloween treats, like these Peanut Butter Cups, view our Treats & Sweets recipes [here!](#)

