

Best 

The Hauntingly Healthier

Halloween eBook





Keep things healthy whilst
things get spooky with our
assortment of delicious savoury
and sweet recipes.



**Forbidden Rice Pumpkin
Salad with Blood Orange
Vinaigrette**

Forbidden Rice Pumpkin Salad with Blood Orange Vinaigrette

Serves: 2

Ingredients

Salad:

- 1 cup black rice (cooked)
- 2 cups pumpkin (cubed)
- 2 tsp olive oil
- 2 cups salad greens of choice
- ¼ cup pomegranate seeds
- ¼ cup low-fat feta cheese
- ¼ cup pumpkin seeds (toasted)
- Salt and pepper

Blood orange vinaigrette:

- 2 tbsp olive oil
- 2 tsp apple cider vinegar
- Juice of ½ an blood orange
- ¼ tsp cumin
- ¼ tsp coriander
- Pinch of cinnamon
- Salt and black pepper

A close-up photograph of a white ceramic bowl filled with a salad. The salad consists of bright yellow-orange roasted pumpkin cubes, red cherry tomatoes, and fresh green herbs like parsley. The bowl is set against a light, neutral background.

Method

1. Preheat the oven to 375 °F or 190 °C.
2. Toss the cubed pumpkin with the olive oil, salt and pepper. Add to a baking sheet and roast until golden brown, for about 25-30 minutes.
3. Make the vinaigrette by whisking the olive oil, apple cider vinegar, blood orange juice, cumin, coriander, cinnamon, salt, and pepper together. Taste and adjust the salt and pepper if needed.
4. Combine the cooked rice with the roasted pumpkin cubes, salad greens, dressing, pomegranate seeds, feta, and pumpkin seeds, and serve.



Hauntingly Healthy Nachos

Hauntingly Healthy Nachos

Serves: 4

Ingredients

For the guacamole:

- 2 limes (juiced)
- 2 small avocados (peeled and chopped)
- 1 bunch of coriander (finely chopped)

For the sweetcorn salsa:

- ½ a can of sweetcorn
- 200g cherry tomatoes (quartered)
- 1 red pepper (finely chopped)
- 2 spring onions (thinly sliced)
- 3 sundried tomatoes (finely chopped)
- 1 can of black beans
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp smoked paprika

For the sweetcorn salsa:

- 4 wholewheat tortillas
- 1 ½ tsp olive oil
- 4 carrots (cut into sticks)

Method

1. Make guacamole by pouring the lime juice into a bowl and adding the avocado. Mash well until it reaches the desired consistency. Add half of the chopped coriander, season to taste and spoon into a serving dish.
2. Mix all of the salsa ingredients, along with the remaining chopped coriander, together. Season to taste with salt and pepper. Arrange clumps of the salsa on top of the guacamole in the serving dish. Cover and chill the mixture for up to 30 minutes, while making the bat nachos.
3. Lay a tortilla wrap out on a chopping board and brush with the oil. Cut out the bat shapes (or other spooky shapes) using a cookie cutter or scissors. Cut them as close together as possible to prevent waste.
4. Heat the oven to 200 °C. Add the tortilla shapes to 2 large baking sheets and bake for about 4 minutes or until crisp and golden. Serve the nachos with carrot sticks, guacamole and salsa.

A close-up photograph of a white ceramic bowl filled with a thick, light green pea soup. The soup is garnished with a generous portion of bright green peas, several pieces of cooked, pinkish-brown bacon, and a sprig of fresh green parsley. The bowl sits on a dark, rustic wooden surface. In the background, slightly out of focus, are a small white bowl containing more peas, a wooden spoon, and two glass salt and pepper shakers. A loaf of bread is also visible in the upper right corner. The overall lighting is warm and natural, highlighting the textures of the food and the wood.

The Witch's Brew - Pea and Bacon Soup

The Witch's Brew - Pea and Bacon Soup

Serves: 2-4

Ingredients

1 tbsp olive oil
1 onion (finely chopped)
1 garlic clove (crushed)
650g frozen peas
750ml vegetable stock
6 rashers streaky bacon
1 tbsp butter (optional)

Method

1. Heat the oil in a saucepan. Add the onion and cook over medium heat for about 5 minutes until softened. Add the garlic and cook for another minute. Stir in $\frac{3}{4}$ of the frozen peas, then pour in the stock. Bring to a boil and simmer for about 10 minutes. Meanwhile, grill the bacon until crisp.

2. Allow the soup to cool for a few minutes and then transfer it to a food processor and blend until smooth. This might need to be done in 2 batches depending on the size of the food processor.

3. Return the soup to the saucepan and add the remaining peas. Bring it to a boil and then simmer if for 2 minutes, or until the peas are tender. Season to taste and then stir in the butter. Break the bacon into pieces and scatter over bowls of soup.

A close-up photograph of several bright orange bell peppers arranged on a white surface. Each pepper has been carved with a jack-o'-lantern face, featuring triangular eyes and a jagged, toothy mouth. The peppers are filled with a dark, chunky mixture, likely chicken and rice. In the foreground, a few small, dark blueberries are scattered on the white surface. The background is softly blurred, showing more of the same peppers and some green herbs.

Jack - o' - Lantern Chicken and Rice Stuffed Peppers

Jack - o' - Lantern Chicken and Rice Stuffed Peppers

Serves: 4

Ingredients

Chicken:

350g cooked chicken (shredded)
1 tsp ground cumin
1 tsp garlic salt
1 tsp chilli powder
1 tsp smoked paprika
½ tsp freshly ground black pepper
1 can diced tomatoes with green chillies

Rice:


1 tbsp olive oil
1 cup uncooked brown rice
½ cup tomato sauce
2 cups chicken broth
1 tsp ground cumin
1 tsp garlic salt
1 tsp taco seasoning

Peppers:

4 large orange bell peppers
1 can black beans, rinsed
¾ cup shredded cheddar cheese, divided into ½ cup and ¼ cup
Fresh parsley, (for garnish)

Method

1. Add the shredded chicken to a sauté pan over medium heat. Sprinkle the cumin, garlic salt, chilli powder, smoked paprika and black pepper into the pan.
2. Add a can of diced tomatoes and then simmer for 5 minutes and set aside.
3. Prepare the rice by heating the oil in a saucepan over medium heat. Add the rice and cook, stirring, until it turns golden. Add the cumin, garlic salt and taco seasoning, and cook for another 30 seconds or until fragrant.
4. Add the tomato sauce and chicken broth to the rice and bring to a boil. Cover the pan, reduce the heat to low and cook for 30 to 35 minutes, until the rice is tender. Fluff rice with a fork and set aside.
5. Bring a large pot of water to boil over high heat.
6. Slice the tops off of the peppers and hollow out the insides. Remove the seeds and white pith. Using a small paring knife, cut out a jack-o'-lantern face on each pepper.
7. When the water is boiling, add the peppers and their tops to the pot and cook them for about 5 minutes, or until tender. Remove the peppers from the water and place them in an ice bath to cool.
8. In a large bowl, combine the cooked rice, shredded chicken, 1/2 cup shredded cheddar cheese and black beans.
9. Fill each pepper with the chicken and rice mixture, and top with the extra 1/4 cup of shredded cheddar cheese.
10. Place the pepper tops back onto each pepper. Arrange the stuffed peppers on a baking dish and bake for 30 minutes at 350 °F or 180 °C. Once they have reached the desired doneness, garnish with chopped parsley and serve.



Spooky Chocolate Banana Cupcakes

Spooky Chocolate Banana Cupcakes

Makes: 12

Ingredients

For The Cupcakes:

¼ cup peanut butter or almond butter
2 tbsp honey
½ cup banana (mashed)
1 tsp vanilla extract
2 tbsp coconut flour
1 tbsp cocoa powder
½ tsp baking soda
⅛ tsp salt

For The Coconut Cream:

1 can of coconut milk (chilled overnight)
2 ½ tbsp honey
Mini dark chocolate chips for decoration

Method

1. Preheat the oven to 160 °C and lightly grease a mini muffin tin. Additionally, place a bowl, along with the beaters of an electric hand mixer, into the freezer.
2. In a large, microwave-safe bowl, melt the peanut butter and the honey until the peanut butter just begins to turn smooth and runny (about 1 minute). Be careful not to let the honey harden.
3. Scrape the melted peanut butter mixture into a food processor and blend until well combined. Add the mashed banana and vanilla extract and mix again, scraping the sides down if necessary.
4. Add the coconut flour, cocoa powder, baking soda and salt into the food processor and blend until well mixed.
5. Fill the muffin tin 3/4 of the way full and smooth out the tops. Bake for about 18 minutes, or until a toothpick inserted into the centre of one comes out clean. Let the muffins cool completely.
6. To make the frosting, take the chilled coconut milk out of the refrigerator and flip it upside down. Open it, and pour out the liquid on the top. Spoon the chilled cream that is at the bottom of the can into the chilled bowl. Add the honey and beat with an electric hand mixer on high speed, until light and fluffy.
7. Pipe the coconut cream onto the cooled cupcakes and create a ghost face with 3 chocolate chips on each cupcake.



Pumpkin Pie Bars

Pumpkin Pie Bars

Makes: 12

Ingredients

For the crust:

1 cup all-purpose flour
2 tbsp brown sugar
pinch salt
1 stick unsalted butter (softened)
½ cup instant oats

For the filling:

2 large eggs
1 ½ cups store-bought or homemade
pumpkin puree
1 can sweetened condensed milk
1 tsp pumpkin pie spice
½ tsp ground cinnamon
½ tsp ground cloves (optional)
Homemade whipped cream for serving
(optional)

Method

1. Prepare the crust by preheating the oven to 350 °F or 180 °C and greasing a baking dish with cooking spray. Set aside.
2. Place the flour, brown sugar, and a pinch of salt in a medium bowl and whisk to combine. Beat in the softened butter with a hand mixer on medium speed until incorporated. Stir in the quick oats just until combined.
3. Pour the mixture into the baking dish and press evenly. Bake for 15-20 minutes or until golden brown.
4. Prepare the filling by placing the eggs in a medium bowl and beating them well with a whisk.
5. Add the pumpkin puree, sweetened condensed milk and spices to the mixture, and whisk well to combine.
6. Pour the mixture over the crust and bake for 20-25 minutes or until set.
7. Remove from heat and cool completely. Once cooled, cut into bars. Dollop or pipe the cream on top of the bars.
8. Enjoy!



Halloween Pumpkin Pancakes

A stack of five golden-brown pumpkin pancakes is presented on a white plate with a colorful, patterned border. The top pancake is garnished with several walnut halves and dark chocolate chips. The background is softly blurred, showing more of the same pancakes and a warm, autumnal color palette.

Halloween Pumpkin Pancakes

Makes:10

Ingredients

200g plain flour

½ tsp baking powder

200ml milk

100g cooked butternut or pumpkin (mashed)

1 egg (separated)

A stack of five golden-brown pancakes is presented on a white plate with a colorful, abstract pattern in shades of yellow, orange, and red. The top pancake is garnished with several walnut halves and dark chocolate chips. The background is softly blurred, showing more of the same patterned surface.

Method

1. Add the flour and baking powder to a bowl. Measure out the milk in a jug and stir in the mashed pumpkin, or butternut, and the egg yolk.
2. Add the milk mixture to the flour mixture and combine well, until a lump-free batter forms.
3. Whisk the egg white until it is stiff and then fold it into the batter.
4. Heat a non-stick pan and cook the pancakes. Wait until bubbles have risen to the surface of the pancake before flipping to cook on the other side and make sure that the bottom doesn't get too brown.



Easy Dark Chocolate Halloween Bark



Easy Dark Chocolate Halloween Bark

Ingredients

- 1 ½ cups dark chocolate chips
- ⅓ cup quinoa
- 1 cup assorted Halloween candy

Method

1. Add the quinoa to a saucepan, and cook over medium heat for about 5 minutes or until the quinoa begins to get toasted. Remove immediately if it starts to burn.
2. While the quinoa is cooking, cut up the candy into bite-sized pieces, and prepare the candies to be placed on the chocolate.
3. Add the chocolate chips to a microwave-safe glass bowl. Microwave for about 1.5 minutes, in 30-second intervals. Stir with a spatula every 30 seconds. Remove it from the microwave when the chocolate is almost all melted. Stir and set aside.
4. Remove the quinoa from the saucepan. Pour into chocolate, and stir together. Line a baking sheet with parchment paper. Pour the chocolate and quinoa mixture over the baking sheet, and spread thin with a spatula. It should be about 2 cm thick.
5. Sprinkle the candies over chocolate, place in refrigerator for about an hour, or freezer for about 15 minutes. Break it up by hand, and serve immediately, or place in a sealed container in the fridge.