





Pumpkin Veggie Tray

6 servings

10 minutes

Ingredients

3 cups Baby Carrots
1/2 Cucumber
3/4 cup Vegan Ranch Dressing

Directions

- 1 Lay the carrots on a round serving platter or plate.
- 2 Slice the cucumber into rounds for the mouth, triangles for the eyes and nose, and use the end for the pumpkin top. Serve with dressing on the side. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 3/4 cup veggies and two tablespoons of dressing.



Creepy Crawly Spider Pretzels

10 servings

15 minutes

Ingredients

3/4 cup Pitted Dates
1/4 cup Quick Oats
3 tbsps All Natural Peanut Butter
1 tbsp Cocoa Powder
1 tbsp Maple Syrup
1/8 tsp Sea Salt
28 grams Pretzels (round parts
chopped into legs)
1/2 tsp Dark Chocolate Chips

Directions

- 1 Add the dates, oats, peanut butter, cocoa powder, maple syrup, and salt to the bowl of a food processor. Run the food processor until the mixture forms a ball.
- 2 Form the mixture into small balls with your hands, using roughly one tablespoon of dough per ball. Place the pretzel legs into the balls on the sides and place the chocolate chips into the balls to form eyeballs. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is one ball.

Gluten-Free: Use gluten-free pretzels.

Nut-Free: Use sunflower seed butter.



Bat Energy Bites

10 servings

15 minutes

Ingredients

1/2 cup Pitted Dates
1/2 cup Hazelnuts
1/4 cup Cocoa Powder (divided)
1/8 tsp Sea Salt
1 tbsp Water
57 grams Dark Chocolate (thin,
chopped into triangles for wings)
1/2 tsp Dark Chocolate Chips

Directions

- 1 Add the dates, hazelnuts, half of the cocoa powder, and salt to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 2 Pour the remaining cocoa powder onto a plate.
- 3 Form the mixture into small balls with your hands, using roughly one tablespoon of dough per ball, and roll them in the cocoa powder. Carefully place the chocolate wings on the sides of the balls and insert the chocolate chips into the balls for the eyes. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is one ball.

No Hazelnuts: Use almonds or pecans.



Spooky Spider Deviled Eggs

3 servings

30 minutes

Ingredients

6 Egg
3 tbsps Mayonnaise
1/2 tsp Apple Cider Vinegar
Sea Salt & Black Pepper
1/3 cup Black Olives (pitted and sliced)

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Place eggs in a bowl of ice water for 10 minutes or until cool.
- 2 Carefully peel the eggs and cut them in half. Scoop out the yolks and add to a bowl.
- 3 Add the mayonnaise, vinegar, salt, and pepper to the yolks. Spoon the egg yolk mixture into the egg whites, or use a piping bag.
- 4 Garnish the eggs with olive slices in the form of spiders. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to four pieces.

More Flavor: Add smoked paprika and/or turmeric to the yolks.



Banana Ghosts

8 servings

2 hours 40 minutes

Ingredients

- 8 Barbecue Skewers
- 4 Banana (cut in half)
- 1 cup White Chocolate Chips
- 1/2 tsp Dark Chocolate Chips
- 1 tsp Dried Unsweetened Cranberries

Directions

- 1 Place parchment paper on a baking sheet. Take the wooden skewers and pierce the bananas until about 3/4 of the way through. Transfer to a freezer until hardened, about two hours.
- 2 In a small bowl, add the white chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 3 Remove the bananas from the freezer and dip into the white chocolate, using a butter knife to spread all around. Before it hardens, place the dark chocolate chips on the banana for the eyes and the cranberry for the mouth. Repeat with remaining bananas.
- 4 Return to the freezer for about 30 minutes, until set again. Serve and enjoy!

Notes

Leftovers: Freeze in an airtight container for up to five days.

Serving Size: One serving is half of a banana.



Clementine Pumpkins

4 servings

5 minutes

Ingredients

- 1 stalk Celery
- 4 Clementines (peeled)

Directions

- 1 Cut the celery into thin strips that will fit the clementine. Place in the middle of the clementines, pressing down to secure. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is one clementine.



Spiders on a Log

4 servings

15 minutes

Ingredients

1 1/2 tbsps Dark Chocolate Chips
(divided)
1/3 cup All Natural Peanut Butter
4 stalks Celery (cut in half)

Directions

- 1 In a small bowl, add 3/4 of the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 2 Spread the peanut butter into the celery and top with the remaining chocolate chips.
- 3 Use a toothpick to dip into the melted chocolate and draw legs around the chocolate chips. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is two halved celery sticks.

Nut-Free: Use sunflower seed butter instead.



Mini Spider Web Pizzas

2 servings

15 minutes

Ingredients

- 2 pieces Naan
- 2 tbsps Tomato Sauce
- 43 grams Mozzarella Cheese (sliced into thin strips)
- 2 tbsps Pitted Kalamata Olives

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Spread the tomato sauce evenly over the naan. Top with mozzarella in the shape of a spider's web, starting with the outside circle, then placing the lines towards the middle and then the inner circle.
- 3 Place the olive on the pizza and use a second olive to slice and make legs out of it. Repeat with each pizza. Transfer to the oven and bake for six to seven minutes, until the cheese has melted. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one pizza.

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese.

Naan: One piece of naan is 3.2 oz or 90 grams.



Candy Corn Fruit Kabobs

5 servings

15 minutes

Ingredients

- 1 1/2 cups Pineapple (cut into squares)
- 1/2 Cantaloupe (medium, peeled, deseeded and chopped)
- 2 Banana (sliced thick)
- 15 Barbecue Skewers (cut in half)

Directions

- 1 Thread the pineapple, cantaloupe, and banana onto the skewers. Using a knife slice just the outside edge of the banana so it forms a triangle. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is three six-inch skewers.



Monster Apple Bites

4 servings

15 minutes

Ingredients

- 2 Apple (cored, quartered)
- 1/4 cup Sunflower Seed Butter
- 1 tbsp Pumpkin Seeds
- 1 tsp Dark Chocolate Chips

Directions

- 1 Cut a wedge into the apples to make the mouth. Fill with sunflower seed butter and place the seeds inside to make the teeth.
- 2 Spread a little of the sunflower seed butter on the flat part of the chocolate chips and then adhere to the apples to make eyeballs. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is two pieces, or half an apple.