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## Halloween Treats/Recipes

### Frightening Crispy Cereal Treats

*(A high fiber treat, adults will also enjoy)*

Ingredients:

1 T butter, unsalted

1 T canola oil

1, 10.5 oz bag of mini marshmallows (about 4 cups)

1 ½ c high-fiber cereal, such as Post 100% Bran or Trader Joe's High-Fiber Cereal

4 c Rice Krispies cereal

½ c roasted, shelled sunflower or pumpkin seeds (pepitas), unsalted

Directions:

Lightly oil or coat a 9x13-inch baking pan with nonstick cooking spray and set aside. Heat the butter and oil in a large saucepan over low heat. When the butter is melted, add marshmallows and stir until completely melted. Remove from the heat. Add the cereals and sunflower seeds and stir until well coated. Press the mixture evenly into the baking pan using wax paper, a butter spatula, or your buttered hands. Cool at room temperature and cut into 12 squares.

Preparation time: 10 minutes

### Spooky Scary Healthy Chocolate Cookies

Ingredients:

1 ¾ c whole-wheat flour

½ c unsweetened cocoa powder

1 tsp baking soda

½ tsp salt

¾ c packed brown sugar

2/3 c canola oil

2 large eggs

1 tsp vanilla extract

1 c pecans, very finely chopped

3 T toasted coconut (shredded)

#### Directions:

Preheat the oven to 350°F. Lightly oil or coat two large baking sheets with nonstick cooking spray and set aside. Whisk together flour, cocoa, baking soda, and salt in a large bowl and set aside. Combine the brown sugar and oil in a large bowl and beat on medium speed until moistened and combined, 1 to 2 minutes. Add the eggs and vanilla and continue to beat until smooth. Scrape down the sides of the bowl if necessary. At a low speed, gradually beat in the flour mixture until just combined. Stir in the pecans. Pour the coconut onto a plate. Roll the dough into 1-inch balls and coat evenly. Place the cookies on the prepared baking sheets, leaving space in between. Flatten the cookies slightly with the palm of your hand. Bake for 8 to 10 minutes. Transfer the cookies to a wire rack and cool for 5 minutes before serving. Repeat with the remaining dough. Preparation time: 20 minutes. Total Cook time: 30 minutes.

#### **Screamin' Oatmeal Chocolate Chip Cookies**

##### Ingredients:

3 c quick-cooking oats-gluten free (not instant)  
1 c whole wheat flour (or amaranth, buckwheat, brown rice, Garfava bean, sorghum flours which are gluten free)  
1 tsp baking soda  
½ tsp salt  
½ tsp ground cinnamon  
1 c packed brown sugar  
½ c canola oil or olive oil  
2 large eggs  
1 tsp vanilla extract  
¾ c walnuts, very finely chopped  
½ c organic chocolate chips

##### Directions:

Preheat the oven to 375°F. Lightly oil or coat two large baking sheets with nonstick cooking spray and set aside. Whisk together the oats, flour, baking soda, salt, and cinnamon in a large bowl. Combine the sugar and oil in a large bowl and beat on medium speed until well blended, 1 minute. Add the eggs and vanilla and continue to beat until smooth. Scrape down the sides of the bowl if necessary. At a low speed, gradually beat in the oat mixture until just combined. Beat or stir in walnuts and chocolate chips. Drop by rounded tablespoon onto the prepared baking sheets, leaving space in between. Bake for 10 to 12 minutes, until golden brown. Transfer the cookies to a wire rack and cool for 5 minutes before serving. Repeat with remaining batter. Preparation time: 20 minutes. Total Cook time: 35 minutes.

Be creative and healthy! Enjoy your **Halloween** in a new way 😊 Your kids will thank you.