

# Frighteningly Fun and Nutritious Halloween Recipes



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# WELCOME

I'm Lynda and I'm dedicated to helping you achieve optimal health through balanced and science-backed dietary choices.

This collection is a celebration of both creativity and wellness, designed to bring deliciously spooky fun to your Halloween season without sacrificing health. Drawing on years of experience as a weight loss leader, this guide is packed with wholesome, nutrient-rich recipes that balance indulgence with nourishment.

Within these pages, you'll discover a range of festive treats that are as nutritious as they are playful, perfect for bringing excitement to your holiday table. From clever twists on classic flavors to unique Halloween-inspired creations, these recipes are your gateway to enjoying the season while staying true to your health goals.

Let's dive in and create a Halloween full of flavour, fun, and well-being!

**LYNDA X**

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## LET'S CONNECT!



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# CONTENTS

Green Monster Toast

---

Creepy Melty Cheese Sandwich

---

Creepy Crawly Web Pizza

---

Mummy Mini Pizza

---

Mummy Meatballs with Veggies

---

Harvest Moon Pumpkin Muffins

---

Batty Chocolate Muffins

---

Apple Monsters

---

Spooky Spiral Pumpkin Cake Roll

---

Jack-O-Lantern's Pumpkin Pie

---

Witch's Almond Fingers with  
Pumpkin Hummus

---

Spooky Pop Treats

---

Ghoul-icious Cupcakes

---

Goblin's Goopy Pumpkin Pots

---

Boo-tiful Pumpkin Spice Latte



# Green Monster Toast



Servings

3



Cook time

10 Minutes



Difficulty

Easy

## Ingredients:

- 3 slices of whole grain bread
- 2 ripe avocados(mashed)
- 1 small radish(sliced into rounds for eyes)
- 10 black olives, pitted
- Red bell pepper(sliced for the mouth)

## Steps for Cooking:

- 1 Toast the slices of whole grain bread until golden and crisp. Mash the avocados in a bowl until smooth, then spread evenly on the toast.
- 2 For eyes, place two radish slices on each toast. Add a small slice of black olive in the center of each radish to form the pupils.
- 3 Use halved black olives to create the monster's hair.
- 4 Shape red bell pepper slices to form a quirky mouth.
- 5 Add scars using thin strips of sliced black olives.

## Nutrition(per serving)

Cal: 322 | Protein: 7 | Carbs: 28 | Fiber: 12 | Fats: 22





# Creepy Melty Cheese Sandwich



Servings

1



Cook time

10 Minutes



Difficulty

Easy

## Ingredients:

- 2 slices of whole grain or multigrain bread
- (40g) shredded cheddar cheese(or 2 slices)
- 1 tablespoon grass-fed butter or ghee

## Steps for Cooking:

- 1 Cut out a jack-o'-lantern face on one slice of the bread using a small knife by making round or triangular eyes and a mouth.
- 2 Place the other(uncut) slice of bread on a plate, sprinkle the shredded cheddar cheese or lay the cheese slices on it. Cover with the slice of bread that has the jack-o'-lantern face.
- 3 Heat a pan over medium heat. Spread butter on both outer sides of the sandwich. Place the sandwich in the pan and grill each side for about 3-4 minutes, until the bread is golden brown and the cheese is fully melted.
- 4 Remove from the pan and enjoy your jack-o'-lantern grilled cheese!

## Nutrition(per serving)

Cal: 440 | Protein: 18 | Carbs: 30 | Fiber: 5 | Fats: 28



# Creepy Crawly Web Pizza



Servings

Cook time

Difficulty

2

22 Minutes

Easy

## Ingredients:

For the Crust:

- 1 whole wheat pizza dough(store-bought or homemade)

For the Sauce:

- (240ml) low-sodium tomato sauce(or homemade)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 clove garlic, minced

For the Toppings:

- (85g) shredded low-fat mozzarella cheese(or dairy-free alternative)
- 2 oz(56g) mozzarella cheese, cut into thin strips(for the web design)

• 10 black olives, pitted  
**Nutrition(per serving)**

Cal: 540 | Protein: 30 | Carbs: 64 | Fiber: 15 | Fats: 18

## Steps for Cooking:

- 1 Preheat oven to 425°F(220°C).
- 2 Roll out whole wheat dough on a floured surface, place on a baking sheet, and pre-bake for 5 minutes until slightly firm.
- 3 Mix tomato sauce, oregano, basil, and garlic in a bowl.
- 4 Spread sauce on pre-baked crust, sprinkle shredded mozzarella, and arrange mozzarella strips(or more shredded cheese) in a web pattern. Add black olive halves as spiders.
- 5 Bake for 10-12 minutes until cheese is melted and crust is golden. Let cool slightly before slicing.





# Mummy Mini Pizza



Servings

Cook time

Difficulty

1

20 Minutes

Easy

## Ingredients:

- 1 whole grain English muffin(split into halves)
- 2 tablespoons low-sodium marinara sauce
- (20g) low-fat mozzarella cheese(cut into strips for the mummy bandages)
- 3 black olive slices(for eyes)

## Steps for Cooking:

- 1 Preheat your oven to 375°F(190°C).
- 2 Split the whole grain English muffin in half. Toast the halves lightly if desired.
- 3 Spread 1 tablespoon of marinara sauce on each half. Add any optional chopped veggies for extra nutrients.
- 4 Lay the mozzarella strips across the top in a criss-cross pattern to mimic mummy bandages. Place 2 olive slices on each mini pizza for the mummy eyes.
- 5 Place the mini pizzas on a baking sheet and bake for about 8-10 minutes, or until the cheese is melted and bubbly.
- 6 Remove from the oven and enjoy your spooky, healthy Mummy Mini Pizza!

## Nutrition(per serving)

Cal: 230 | Protein: 11 | Carbs: 30 | Fiber: 5.4 | Fats: 7



# Mummy Meatballs with Veggies



Servings

Cook time

Difficulty

1

15 Minutes

Easy

## Ingredients:

For the Mummy Meatballs:

- 2 large pre-cooked meatballs(homemade)
- 1 oz(30g) cooked fettuccine or linguine pasta(for wrapping)
- 2 slices of black olives(for eyes)
- 2 small dots of cream cheese or yogurt(for the whites of the eyes)

For the Vegetables:

- (45g) steamed cauliflower florets
- 1 tablespoon sugar-free ketchup(for drizzling)
- (30g) sautéed mushrooms(with a pinch of salt and pepper)

## Nutrition(per serving)

Cal: 321 | Protein: 13 | Carbs: 21 | Fiber: 4 | Fats: 22

## Steps for Cooking:

- 1 Cook the fettuccine or linguine pasta according to package instructions. Drain and let it cool slightly.
- 2 Take 2 large pre-cooked meatballs and wrap the cooked pasta around them to mimic mummy bandages, leaving space for the "eyes."
- 3 Place a small dot of cream cheese or yogurt on the meatballs and press a slice of black olive into each to form the mummy eyes.
- 4 Steam the cauliflower florets until tender, then drizzle lightly with sugar-free ketchup for a fun Halloween effect.
- 5 Sauté the mushrooms in a small pan with a little olive oil, salt, and pepper until browned and tender.
- 6 Arrange the meatball mummies on a plate with the steamed cauliflower and sautéed mushrooms. Enjoy your spooky, healthy Halloween meal.





# Harvest Moon Pumpkin Muffins



Servings

Cook time

Difficulty

12

30 Minutes

Easy

## Ingredients:

- 1 3/4 cups(210g) whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger
- 1/4 teaspoon salt
- (120g) unsweetened pumpkin puree
- 2 large eggs
- (60ml) melted coconut oil
- (160g) maple syrup(or sugar-free alternative)
- (120ml) unsweetened almond milk(or any plant-based milk)
- 1 teaspoon vanilla extract

For topping:

- (50g) sugar-free digestive crackers, crumbled

## Steps for Cooking:

- 1 Preheat the oven to 350°F(175°C). Line a muffin tin with paper liners.
- 2 Whisk the whole wheat flour, baking soda, baking powder, cinnamon, nutmeg, ginger, and salt in a large bowl.
- 3 Mix the pumpkin puree, eggs, melted coconut oil, maple syrup, almond milk, and vanilla extract until smooth in another bowl.
- 4 Combine the wet and dry ingredients, stirring until just mixed. Be careful not to overmix.
- 5 Spoon the batter into the muffin tin, filling each about 2/3 full.
- 6 Bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean.
- 7 After baking, sprinkle crumbled sugar-free digestive crackers on top of the muffins for extra crunch and flavor.

Nutrition(per serving)

Cal: 192 | Protein: 4 | Carbs: 32 | Fiber: 2.3 | Fats: 6



# Batty Chocolate Muffins



Servings

Cook time

Difficulty

12

35 Minutes

Medium

## Ingredients:

For the Muffins:

- 1 1/2 (170g) almond flour
- (40g) unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 3 large eggs
- (60ml) melted coconut oil
- (120g) sugar-free maple syrup (or stevia syrup)
- 1 teaspoon vanilla extract
- (85ml) unsweetened almond milk

For the Topping:

- (240ml) heavy whipping cream (or coconut cream for dairy-free)
- 2-3 tablespoons powdered erythritol or stevia
- 1 teaspoon vanilla extract
- 2 tablespoons unsweetened cocoa powder

## Nutrition(per serving)

Cal: 254 | Protein: 6 | Carbs: 20 | Fiber: 3 | Fats: 17

## Steps for Cooking:

- 1 Preheat the oven to 350°F (175°C). Line a muffin tin with paper liners.
- 2 Whisk the almond flour, cocoa powder, baking soda, and salt in a large bowl.
- 3 In another bowl, mix the eggs, melted coconut oil, sugar-free maple syrup, vanilla extract, and almond milk until smooth.
- 4 Combine the wet and dry ingredients and stir until fully mixed.
- 5 Scoop the batter into the prepared muffin tin and bake for 18-22 minutes, or until a toothpick inserted comes out clean.
- 6 For the topping, beat the heavy cream (or coconut cream) with the powdered sweetener, vanilla, and cocoa powder until light and fluffy.
- 7 Once the muffins are cooled, pipe or spread the sugar-free cream on top.
- 8 Decorate by using sugar-free chocolate biscuits to create "bat wings" and add edible eyes for a spooky touch.





# Apple Monsters



Servings

Cook time

Difficulty

2

10 Minutes

Easy

## Ingredients:

- 1 green apple(sliced into quarters)
- 2 tablespoons natural peanut butter(or any nut butter)
- 4 strawberry slices(for the tongues)
- 8 sunflower seeds(for the teeth)
- 4 candy eyes or sugar-free alternatives(you can use raisins or other small edible items for eyes)

## Nutrition(per serving)

Cal: 261 | Protein: 6 | Carbs: 34 | Fiber: 5 | Fats: 13

## Steps for Cooking:

- 1 Slice the apple into quarters. These will serve as the base for the monster faces.
- 2 Spread a layer of peanut butter inside each apple quarter to create a "mouth."
- 3 Place 2-3 sunflower seeds along the top of the peanut butter in each apple slice to form teeth.
- 4 Add a slice of strawberry as the "tongue," hanging slightly out of the mouth.
- 5 Attach candy eyes or your chosen alternative on top of the apple using a small dab of peanut butter to hold them in place.



# Spooky Spiral Pumpkin Cake Roll



Servings

6



Cook time

30 Minutes



Difficulty

Medium

## Ingredients:

For the Cake:

- 3/4 cup(90g) whole-wheat flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ginger powder
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 3 eggs
- (120g) powdered erythritol
- 2/3 cup(160g) unsweetened pumpkin puree
- 1 teaspoon vanilla extract

For the Filling:

- 8 oz(230g) low-fat cream cheese(softened)
- (120g) powdered erythritol
- 5 tablespoons light butter(softened)
- 1 teaspoon vanilla extract

## Steps for Cooking:

- 1 Preheat oven to 375°F. Line a 15x10-inch pan with parchment paper and grease it.
- 2 Mix dry ingredients(fLOUR, baking powder, baking soda, spices, salt) in a bowl.
- 3 Beat eggs and powdered erythritol until thick. Mix in pumpkin and vanilla. Fold in dry ingredients.
- 4 Bake in the pan for 13-15 minutes. Remove from the oven, and roll the cake in parchment while warm. Let cool.
- 5 Make the filling by beating cream cheese, powdered powdered erythritol, butter, and vanilla until smooth.
- 6 Unroll the cake, spread filling, and roll it back up. Chill for 1 hour, slice, and enjoy!

## Nutrition(per serving)

Cal: 280 | Protein: 9 | Carbs: 17 | Fiber: 3 | Fats: 20





# Jack-O-Lantern's Pumpkin Pie



Servings

Cook time

Difficulty

6

70 Minutes

Easy

## Ingredients:

For the Crust:

- 1 1/2 almond flour (or oat flour for nut-free)
- coconut oil (or avocado oil)
- 1 tablespoon maple syrup (or honey)
- Pinch of sea salt

For the Filling:

- 1 can (15 oz) pumpkin puree (unsweetened)
- pure maple syrup (or honey)
- unsweetened almond milk (or any plant-based milk)
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 tablespoon pumpkin pie spice (or a mix of cinnamon, nutmeg, and ginger)
- Pinch of salt

## Steps for Cooking:

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, mix the almond flour, coconut oil, maple syrup, and sea salt until combined.
- 3 Press the mixture evenly into a pie dish to form the crust. You can use the back of a spoon to smooth it out. Bake for about 10 minutes, until lightly golden. Remove and set aside.
- 4 In a large bowl, whisk together the pumpkin puree, maple syrup, almond milk, eggs, vanilla extract, pumpkin pie spice, and salt until smooth.
- 5 Pour the filling into the pre-baked crust. Bake for 45-50 minutes, or until the filling is set and the edges are golden.
- 6 Let the pie cool before serving. You can chill it in the fridge for a firmer texture.
- 7 For a fun twist, you can use powdered erythritol to draw a jack-o-lantern face on the pie.

Nutrition (per serving)

Cal: 360 | Protein: 10 | Carbs: 28 | Fiber: 6 | Fats: 25



# Witch's Almond Fingers with Pumpkin Hummus



Servings

6



Cook time

25 Minutes



Difficulty

Easy

## Ingredients:

For the Almond Fingers(Cookies):

- 1 1/2(170g) almond flour
- (60ml) coconut oil
- 3 tablespoons honey or maple syrup
- 1 egg
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder
- 5-6 whole almonds for nails
- (Optional: 1 teaspoon matcha or natural food coloring)

For the Pumpkin Hummus:

- 1 can(240g) chickpeas, drained and rinsed
- (120g) unsweetened pumpkin puree
- 1 tablespoon tahini
- 1 clove garlic
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon cumin
- 1/4 teaspoon smoked paprika
- Salt and pepper to taste

## Steps for Cooking:

- 1 Mix almond flour, oil, sweetener, egg, vanilla, salt, and baking powder into dough.
- 2 Shape dough into finger logs. Press an almond at one end for the nail. Carve knuckle lines with a knife.
- 3 Bake at 350°F(175°C) for 12-15 minutes. Cool completely.
- 4 Blend all ingredients in a food processor until smooth. Adjust consistency with water.
- 5 Serve with the spooky fingers.

## Nutrition(per serving)

Cal: 394 | Protein: 10 | Carbs: 25 | Fiber: 6 | Fats: 30





# Spooky Pop Treats



Servings

8



Cook time

40 Minutes



Difficulty

Easy

## Ingredients:

- 1 1/2(170g) almond flour(or oat flour)
- (60g) unsweetened applesauce
- (60g) natural almond butter(or peanut butter)
- (30g) dry cacao powder
- (60g) honey or pure maple syrup
- 1 teaspoon vanilla extract
- (110g) dark chocolate(70% or higher, no added sugar)
- 1 teaspoon coconut oil(to melt chocolate)
- Natural food coloring(optional for decoration)
- Halloween-themed toppings(e.g., shredded coconut, seeds, nuts)

## Nutrition(per serving)

Cal: 311 | Protein: 8 | Carbs: 24 | Fiber: 3 | Fats: 22

## Steps for Cooking:

- 1 In a bowl, mix the almond flour, cacao powder, almond butter, applesauce, honey, and vanilla extract until you get a dough-like consistency.
- 2 Form small ovals or balls from the dough and insert a popsicle or lollipop stick into each. Place them on a lined tray and freeze for 20-30 minutes to firm up.
- 3 In a small saucepan or microwave, melt the dark chocolate with the coconut oil. Stir until smooth.
- 4 Dip each pop into the melted chocolate, ensuring it's fully coated. Let the excess drip off before placing them back on the tray.
- 5 Sprinkle with shredded coconut, seeds, or chopped nuts. You can also drizzle with natural food-colored chocolate(made by mixing dark chocolate with natural food dyes like beet juice or matcha).
- 6 Place the decorated pops back in the fridge for 30 minutes to let the chocolate harden. Serve chilled for the best texture.



# Ghoul-icious Cupcakes



Servings

Cook time

Difficulty

6

10 Minutes

Medium

## Ingredients:

For the Cupcakes:

- 1 1/2(170g) almond flour(or whole wheat flour)
- (60ml) coconut oil(melted)
- (60g) honey or maple syrup
- 2 large eggs
- (120g) unsweetened applesauce
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- Pinch of salt

Topping 1: Spooky Orange Pumpkin Frosting

- (120g) unsweetened pumpkin puree
- 2 tablespoons coconut cream
- 2 tablespoons maple syrup
- 1/4 teaspoon cinnamon
- Natural orange food coloring(optional)

Topping 2: Midnight Black Cocoa Frosting

- (120g) unsweetened coconut cream
- 2 tablespoons dark cocoa powder
- 1 tablespoon honey or maple syrup
- 1/2 teaspoon vanilla extract
- Activated charcoal powder

## Steps for Cooking:

- 1 Preheat the oven to 350°F(175°C) and line a muffin tin with cupcake liners.
- 2 In a bowl, mix the almond flour, baking powder, cinnamon, and salt.
- 3 In a separate bowl, whisk together the coconut oil, honey, eggs, applesauce, and vanilla.
- 4 Gradually combine the wet ingredients into the dry until smooth.
- 5 Divide the batter evenly into the muffin tin and bake for 18-20 minutes. Let the cupcakes cool completely before adding toppings.
- 6 For the Spooky Orange Pumpkin Frosting, mix all ingredients, pipe onto half the cupcakes, and add sprinkles. For the Midnight Black Cocoa Frosting, whisk ingredients, pipe onto the other half, and decorate.

## Nutrition(per serving)

Cal: 368 | Protein: 8 | Carbs: 30 | Fiber: 4.5 | Fats: 26





# Goblin's Goopy Pumpkin Pots



Servings

3



Cook time

50 Minutes



Difficulty

Easy

## Ingredients:

- 1 1/2 (400g) unsweetened pumpkin puree
- (240ml) almond milk (or any plant-based milk)
- 2 large eggs
- (60g) honey or maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice (or a mix of cinnamon, nutmeg, and ginger)
- Pinch of salt

## Nutrition (per serving)

Cal: 222 | Protein: 8 | Carbs: 38 | Fiber: 4 | Fats: 5.2

## Steps for Cooking:

- 1 Preheat the oven to 350°F (175°C) and prepare a baking dish for a water bath.
- 2 In a large bowl, whisk together the pumpkin puree, almond milk, eggs, honey or maple syrup, vanilla extract, pumpkin pie spice, and a pinch of salt until smooth.
- 3 Pour the mixture evenly into 4-6 small ramekins.
- 4 Place the ramekins in a large baking dish and pour hot water into the dish until it reaches halfway up the sides of the ramekins. This helps the pudding cook gently.
- 5 Bake for 40-45 minutes, or until the edges are set but the center is still slightly jiggly.
- 6 Let the puddings cool, then refrigerate for at least 2 hours before serving.



# Boo-tiful Pumpkin Spice Latte



Servings

Cook time

Difficulty

1

10 Minutes

Easy

## Ingredients:

- 1/2 -(120-240ml) brewed coffee(or espresso)
- (120ml) unsweetened almond milk(or your preferred milk)
- 2 tablespoons unsweetened pumpkin puree
- 1 teaspoon pumpkin pie spice(or a mix of cinnamon, nutmeg, and ginger)
- 1 tablespoon maple syrup(or honey)
- 1/2 teaspoon vanilla extract
- 1/6 cup(30ml) whipped unsweetened coconut cream
- 1/4 teaspoon ground cinnamon

## Steps for Cooking:

- 1 In a small saucepan over medium heat, whisk together almond milk, pumpkin puree, pumpkin pie spice, maple syrup, and vanilla extract until warm and smooth.
- 2 Brew your coffee or espresso and pour it into a mug. Add the pumpkin mixture and stir well.
- 3 Add whipped coconut cream on top and sprinkle with cinnamon.

## Nutrition(per serving)

Cal: 253 | Protein: 4 | Carbs: 40 | Fiber: 3 | Fats: 10





# HAPPY HALLOWEEN

Thank you for exploring this collection of healthy, festive recipes! I hope these fun and nutritious treats bring joy and wellness to your celebrations.

As your Weight Loss Expert, I'm here to support your journey toward a balanced, vibrant lifestyle. Wishing you a happy, healthy, and spooktacular season!



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