



## Halloween Recipes

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Sunshine Nutrition & Wellness

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## Spider Web Pumpkin Soup

4 servings

20 minutes

### Ingredients

2 tbsps Coconut Oil  
 2 1/4 cups Pureed Pumpkin  
 2 cups Organic Vegetable Broth  
 1/2 cup Unsweetened Almond Milk  
 1 tsp Ground Ginger  
 1 tsp Ground Sage  
 1 1/2 tps Maple Syrup  
 1/2 tsp Sea Salt  
 1/4 tsp Black Pepper  
 1/4 cup Organic Coconut Milk (optional)  
 1/4 cup Black Olives (pitted and sliced)

### Directions

- 1 In a large pot, heat coconut oil over medium heat. Stir in pumpkin, broth, almond milk, ginger, sage, maple syrup, salt and pepper.
- 2 Bring to a boil and let simmer for about 10 minutes. Divide the pumpkin soup into separate bowls.
- 3 Meanwhile, slice your black olives and set aside for garnish.
- 4 Put the coconut milk into a squeeze bottle and draw a spiral in each bowl of soup. Use a toothpick to draw straight lines from the center of each spiral to the outer edges.
- 5 Garnish soup with olive slices in the form of spiders. Enjoy!

### Notes

**No Coconut Milk:** Use Greek yogurt.

**No Squeeze Bottle:** Place coconut milk in one end of a small plastic sandwich bag and make a very small cut in the corner. Gently squeeze the milk out of the bag to draw your spiderwebs.

**Storage:** Store in the fridge up to 3-4 days or freezer up to 6 months in an air-tight container. If storing in mason jars, use wide-mouth jars and leave at least 1 inch of space at the top to allow the fluid to expand.

**Serve it With:** Toasted organic bread and our Grilled Cherry Salad.



## Pumpkin Mac n' Cheese

4 servings

20 minutes

### Ingredients

2 cups Brown Rice Macaroni (dry)  
1 cup Unsweetened Almond Milk  
1 tbsp Arrowroot Powder  
1 tsp Garlic Powder  
1/3 cup Nutritional Yeast  
1 1/2 tsps Dijon Mustard  
1 cup Pureed Pumpkin  
1 tbsp Maple Syrup  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2 Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
- 3 Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
- 4 Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

### Notes

**Leftovers:** Store in an air-tight container in the fridge for up to 5 days.

**Spice Lover:** Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

**More Protein:** Add cooked diced chicken, chickpeas or lentils.

**More Vegetables:** Add wilted spinach, kale and/or sauteed mushrooms.



## Pumpkin Breakfast Donuts

6 servings

25 minutes

### Ingredients

- 1/2 cup Oat Flour
- 1/2 cup Chia Seeds
- 1/4 cup Monk Fruit Sweetener
- 1 1/2 tps Baking Powder
- 1/8 tsp Sea Salt
- 2 tps Pumpkin Pie Spice
- 2/3 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil (melted)
- 1/2 cup Pureed Pumpkin
- 2 tbsps Coconut Butter (melted)

### Directions

- 1 Preheat your oven to 350°F (177°C) and lightly grease your donut pan.
- 2 In a large bowl, combine the oat flour, chia seeds, monk fruit sweetener, baking powder, sea salt, and pumpkin pie spice.
- 3 Add the almond milk, coconut oil, and pumpkin puree. Mix well and transfer to a piping bag or a large ziploc bag with the corner sliced off. Pipe the batter into the donut pan using a circular motion.
- 4 Bake for about 15 minutes, or until golden brown. Remove from oven and let cool. Once cooled, drizzle with melted coconut butter. Enjoy!

### Notes

**No Donut Pan:** Use a muffin tin instead.

**No Monk Fruit Sweetener:** Use coconut sugar instead.

**Storage:** Store in an airtight container in the fridge up to 4 to 5 days, or freeze for longer.

**Serving Size:** One serving is equal to one donut.



## Mint Chocolate Fat Bombs

8 servings

50 minutes

### Ingredients

1/2 cup Almond Butter  
1/4 cup Coconut Oil  
3 tbsps Cocoa Powder  
1/2 tsp Vanilla Extract  
1/2 tsp Peppermint Extract  
1/8 tsp Stevia Powder

### Directions

- 1 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 2 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 3 Add the almond butter and coconut oil to the smaller pot and allow them to melt and stir to combine. Stir in the cocoa powder.
- 4 In a small bowl combine the vanilla, mint and stevia powder and stir until the stevia has fully dissolved. Add the stevia mixture to the almond butter mixture and stir well to combine.
- 5 Divide the chocolate almond butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

### Notes

**Leftovers:** Keep in the freezer for up to one month. They will melt at room temperature.

**Serving Size:** One serving is one fat bomb.

**No Almond Butter:** Use cashew butter or sunflower seed butter instead.

**More Flavor:** Adjust stevia and mint extract to taste. Add pinch of salt.

**No Stevia Powder:** Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated) to taste.

**No Paper Baking Cups:** Use a silicone mold instead.



## Hot Chocolate Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Cauliflower
- 1/2 Banana
- 1/4 cup Chocolate Protein Powder
- 2 tbsps Cocoa Powder
- 1 tbsp Chia Seeds
- 1/8 tsp Sea Salt (optional, for topping)

### Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

### Notes

**Nut-Free:** Use coconut milk or another nut-free milk instead.

**More Flavor:** Add ground cinnamon.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Chocolate Cupcakes

12 servings

3 hours

### Ingredients

2 Sweet Potato (large)  
 2 tbsps Ground Flax Seed  
 1/3 cup Water  
 3/4 cup Unsweetened Almond Milk  
 1 tbsp Apple Cider Vinegar  
 1 1/2 tsps Baking Soda  
 1/4 cup Maple Syrup  
 1/4 cup Coconut Sugar  
 1/2 tsp Sea Salt  
 1/4 cup Coconut Oil (melted)  
 1/2 cup Almond Flour  
 1/2 cup Oat Flour  
 3/4 cup All Purpose Gluten-Free Flour  
 1 cup Cocoa Powder (divided)  
 1 1/2 cups Organic Dark Chocolate Chips

### Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin pan with liners. Brush the liners with coconut oil to prevent the cupcakes from sticking.
- 2 Peel the sweet potato and dice into small cubes. Fill a saucepan with two inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl. Mash with a fork to make a smooth puree. Divide the sweet potato puree. For 12 cupcakes 1 cup will be used for the batter and 1.5 cups for the frosting.
- 3 In a large mixing bowl, combine the portioned out sweet potato for the batter, ground flax, water, almond milk, apple cider vinegar and baking soda. Whisk and let stand for 5 minutes to thicken slightly. Add the maple syrup, coconut sugar, sea salt, coconut oil, almond flour, oat flour, all-purpose gluten-free flour, and half of the cocoa powder. Mix the batter until thoroughly combined.
- 4 Divide the batter between cupcake liners and bake for 35 to 40 minutes or until a toothpick comes out clean. Remove from the oven. Let sit in the pan for 20 minutes before transferring to a rack to cool completely.
- 5 Make the frosting by adding the remaining sweet potato puree to a small saucepan with the chocolate chips. Heat over medium heat until the chocolate chips are completely melted. Transfer to a food processor, add the remaining cocoa powder and process until very smooth.
- 6 Let the frosting and cupcakes completely cool to room temperature before frosting. Frost using a piping bag or a spatula then let chill for an hour in the fridge. Enjoy!

### Notes

**Save Time:** Purchase canned sweet potato puree instead of making your own.

**Leftovers:** Store leftover cupcakes in an airtight container in the fridge. Try to eat within a day or two for best texture.



## Avocado Brownies

12 servings

30 minutes

### Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 3 tbsps Ghee
- 1/2 cup Almond Flour
- 1/2 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Organic Dark Chocolate Chips

### Directions

- 1 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
- 2 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .
- 3 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
- 4 Remove from the oven and let cool before slicing. Enjoy!

### Notes

**Avocado:** One medium avocado is equal to approximately one cup of mashed avocado.

**No Ghee:** Use coconut oil or coconut butter instead.

**Pan Size:** For 12 servings, we used a 9 x 9-inch pan.



## Dark Chocolate Peanut Butter Cups

10 servings

1 hour 15 minutes

### Ingredients

5 1/4 ozs Dark Organic Chocolate (at least 70% cacao, broken into pieces)  
1 1/2 tbsps Coconut Oil  
1/2 cup All Natural Peanut Butter  
1/2 tsp Vanilla Extract  
1/8 tsp Sea Salt

### Directions

- 1 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 2 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 3 Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir until melted. Remove from heat.
- 4 Divide half of the melted chocolate between the paper baking cups. There should be a thin, even layer of chocolate in each baking cup. Freeze for 10 to 15 minutes until solid.
- 5 Meanwhile, in a bowl combine the peanut butter, vanilla and salt. Stir until smooth.
- 6 Divide the peanut butter between the baking cups by spooning the peanut butter into the center of solid chocolate. Drizzle the remaining melted dark chocolate around and overtop the peanut butter.
- 7 Return to the freezer for about 30 minutes or until solid. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week or freeze for up to one month. Peanut Butter Cups will melt if stored at room temperature.

**Serving Size:** One serving is one peanut butter cup.

**Nut-Free:** Use sunflower seed butter instead.

**Additional Toppings:** Sprinkle the top of the peanut butter cups with coarse sea salt.

**No Double Boiler:** Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.



## Hazelnut Cocoa Bites

8 servings

20 minutes

### Ingredients

1 cup Hazelnuts  
2 tbsps Cocoa Powder  
2 tbsps Maple Syrup  
1/4 tsp Sea Salt

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Add the hazelnuts and place in the oven for 8 to 10 minutes, until toasted. Remove and rub with a clean kitchen towel to remove the skins. Place in a blender or food processor to chop well. Reserve a small handful of the chopped nuts for rolling the balls in and set aside on a plate.
- 2 Add the cocoa powder, maple syrup and salt to the hazelnuts and process until the dough comes together.
- 3 Remove the dough and using slightly damp hands, roll into golf ball-sized balls. Roll each ball into the reserved chopped hazelnuts. Place in a sealed container in the fridge to harden slightly, about 20 minutes. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days or freeze for up to three months.

**Serving Size:** One serving is equal to one ball.

**More Flavor:** Add vanilla extract.



## Apple Crumble Bites

4 servings

35 minutes

### Ingredients

- 1/2 cup Organic Coconut Milk (from the can)
- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 2 Apple (medium; cored and sliced into 1/2-inch wedges)

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
- 3 Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
- 4 Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Enjoy cold or reheat in the oven until just warmed through.

**Serving Size:** One serving is approximately 6 to 8 wedges, or half of an apple.

**More Flavor:** Add vanilla extract to the coconut milk. Add nutmeg or allspice to the flax mixture.

**Serve it With:** Drizzle of honey or yogurt for dipping.

**Apple:** Gala apples were used to create this recipe.