

## **Grown-Up Trick or Treats**

How to have a healthier Halloween ... from the editors at dLife

For those of us who graduated from trick-or-treating decades ago, Halloween is the simply the time of year when sweet temptations are everywhere ... and they come in guilt-free, "I'll-just-have-one," miniature sizes!

Here are some grown-up ways to indulge without bulge (or crazy blood glucose spikes).

### **Homemade Caramel Popcorn**

A bowl of this delicious stuff will be gobbled up by both young and old. While most recipes call for corn syrup and butter, this one uses a little molasses, Splenda, and egg whites.

To turn this into Halloween treats for the kids, add orange food coloring to the liquid, and form the mix into balls before it cools completely. Grease your hands first!

Search the dLife Recipe Finder for: "Candy Popcorn"

### **Mulled Cider**

Though apple cider is high in carbs, it's less processed than apple juice, and when you combine it with healing, aromatic spices and citrus, a one-half cup serving at 16g of carbs is not a terrible way to toast the season. If you like hard cider, one-half cup contains only 6.5g of carbs.

Search the dLife Recipe Finder for: "Mulled Cider"

### **Spiced Nut Mixes**

One of the easiest treats in the world can also deliver the most satisfying, sophisticated flavor. A bowl of your favorite nuts tossed with some simple ingredients and spices can make for a savory, sweet, or spicy snack that will wow your guests. Try one of these:

Search the dLife Recipe Finder for: "Mouthwatering Nuts," "Chili-Spiced Nuts," and "Savory Roasted Mixed Nuts"

### **Pumpkin Pie Variations**

Pumpkin, along with all the other varieties of winter squash, is like sweet potato: These vegetables are highly concentrated sources of beta-carotene, and may help prevent cancer, heart disease, and other diseases. So try some new pumpkin recipes to mix it up on Halloween:

Search the dLife Recipe Finder for: “Pumpkin Pie in a Cup” and “Pumpkin Brownies”

### **Caramel Apples**

Although it's almost impossible to make a candy apple without sugar (lots of it), you can make an excellent caramel apple that's sugar-free. That's because you can easily find sugar-free caramels (or make your own). Just melt a package of caramels with a couple tablespoons of water and 1/2 teaspoon of vanilla extract. Stick popsicle sticks in your apples and swirl. Let harden on wax paper.

Tips: 1) Wash and dry apples well, so the caramel will stick. 2) Stick to eating just one or the sugar alcohols in the caramel can do a number on your stomach.

### **Pumpkin Seeds**

Three tablespoons of pumpkin seeds contain 8g of protein and 4g of carbs. These delicious seeds are a very rich source of phytosterols, the plant chemicals companies add to margarines to help lower cholesterol. Also, the hull is a great source of fiber ... if you eat it, that is. Put a dish of pumpkin seeds out and you'll likely see some people who do and some who don't.

Rinse and dry the seeds well and toast in a single layer on an oiled cookie sheet. Swirl and sprinkle with your seasoning of choice.

### **Spooky Blender Drinks**

All it takes is a good blender and some food coloring and you can make slushy drinks for Halloween in orange, black, monster green, blood red ... whatever suits your theme. Use a sugar free syrup (DaVinci has dozens of flavors, from orange and lime to cinnamon and chocolate) and a few plastic ghosts or spiders, and your house will be Halloween central.

### **5 Tips for Surviving Halloween**

--Commit to a strategy for dealing with those fun-size candy bars at the office.

--Buy an economy package of sugarless gum in an assortment of flavors, so you can pop something sweet in your mouth that will keep you from biting into that Reese's.

--Don't buy any candy until Halloween afternoon and then immediately package up assortments in those individual bags and tape them closed!

--Don't skip dinner. Fill up on soup and/or a big salad before you head out (or stay in) for trick-or-treating. Having a full stomach will make it easier to not nibble away the night.

--Get rid of the leftovers right away! Bring to office or drop off at a homeless shelter or food pantry (everyone deserves a treat).

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