



HEALTHY HALLOWEEN TREATS

Halloween comes once a year and we know that candy is everywhere—and irresistible to kids. You can, however, limit sweets filled with refined sugar in favor of healthy and fun snacks.

Quick tip: Serve healthy snacks and meals before allowing kids to go trick-or-treating or attend a Halloween party, so that they can fill up on healthy foods and be less tempted by candy treats.

Here are some healthy Halloween drinks and snacks with more nutrition and less sugar than candy.

Drinks

- Warm apple cider with cinnamon sticks
- Smoothies made with low-fat yogurt and canned pumpkin
- Green juice (you can call it a witch's brew or zombie drink)

Snacks

- Apple slices with a fruit dip made of yogurt mixed with canned pumpkin and pumpkin pie spice
- Bananas studded with chocolate chips (you use chips to make faces to look like ghosts)
- Energy balls made with dates, a nut butter, honey, and pumpkin spices
- Veggies with pumpkin pie dip made with low-fat cream cheese, Greek yogurt, roasted pumpkin, and spices
- Baked apples or pears with cinnamon, nuts and honey or maple syrup
- Oranges or tangerines decorated like jack-o'-lanterns
- Candy corn-themed fruit parfait, made by layering yellow and orange fruit with yogurt in a glass jar
- Chocolate chip pumpkin bars (see recipe on this page for this snack that can also be served for breakfast)

HAPI meals

Chocolate Chip Pumpkin Bars

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup pecans, very finely chopped
- ¾ cup granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- 4 large eggs, beaten
- 1 15-ounce can 100% pure pumpkin
- ½ cup canola oil
- ¼ cup low-fat milk
- ½ cup mini semi-sweet chocolate chips



Rebecca Clyde, MS, RDN, CD

Instructions

- Preheat the oven to 350°F. Lightly oil or coat a 15-x-10-x-1-inch rimmed baking or jelly roll pan with nonstick cooking spray and set aside.
- Whisk together the all-purpose flour, whole wheat flour, pecans, sugar, baking powder, cinnamon, baking soda and salt in a large bowl until combined.
- In a separate bowl, whisk the eggs, pumpkin, oil and milk until blended.
- Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips.
- Spread the batter evenly in the prepared pan and bake for 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 10 minutes before slicing into 30, 2-x-2 ½-inch bars.

Source: www.eatright.org



"The best way out is always through."

—ROBERT FROST

OUR NEW COMMUNITY ROOM!

We enjoyed connecting with residents at the opening of our new community room and to celebrate the launch of the Full Circle Brotherhood Program. Contact Randall Laing at randall.laing@layc-dc.org for information about Full Circle Brotherhood.

Thanks to the participating vendors: Latin American Youth Center (LAYC); Montgomery College (Mrs. Beverly Coleman, Director of the TRIO Educational Opportunity Center); Story Tapestries; Xfinity/Comcast; Money Muscle BBQ; JayCam Entertainment. Thanks also to community members who attended and kids who created inspiring art!



City Council At-Large Laurie-Anne Sayles with the Waterford Tower community.

