

Healthy Halloween Party Food Recipes

Fun and Easy Recipes for Kids' Parties

Throwing a Halloween Party for your child? There are many fun and easy kids' Halloween party ideas and recipes that have healthy foods and less sugar. Here are some ideas to get you started on a menu filled with creative and healthy Halloween treats and party foods.



- Create a do it yourself easy pizza station party. Have several toppings they can use to make a scary face! For example, let the kids arrange sliced olives for eyes, a mushroom for ears and green peppers for a mouth on English muffins with tomato sauce on the bottom. Top with grated cheese for "hair". Heat in an oven until the cheese melts.
- Cut lean hot dogs in half, paint the tops with ketchup and call them "scary monster fingers"
- Bake cut out sugar cookies in fun Halloween shapes without the frosting. Let the kids help pick and cut out their shapes.
- Serve low fat popcorn or unshelled peanuts in a scary Halloween bowl that makes noise when you reach your hand in.
- Make monster eyes with red jello and grapes. Make strawberry flavored jello and put in a ice cube tray and place in refrigerator. Before the jello is completely firm, place a green grape in the middle of each jello cube. Once the jello is fully firm, place the individual jello cubes (monster eyes) on a plate.
- Apple Spiders Recipe- Use prepared apple slices for this recipe. You can find these at your local store. Just coat the apple slices with peanut butter and then attach some thin pretzel sticks for the legs and use raisins or nuts for the eyes. With a little imagination you can transform the apple slices into different kinds of bugs
- Make a watermelon look like a brain! Choose a small, seedless watermelon and cut off the green skin so that the watermelon only has the white part showing. Then cut the white pith with a knife to resemble the folds of a brain. Then carve it to show the watermelon's red inside.
- Instead of eating candy, use candy to make a haunted house for display. Similar to a gingerbread house but let the kids decorate it and make it scary! Kids are so creative!
- Make little bananas look like little ghosts! Peel some small firm bananas and cut in half. Dip the peeled bananas in orange juice, then roll it in shredded coconut. Then put two small raisins near the top to look like for eyes. Then insert a wooden popsicle stick for a handle and freeze.
- Carve out small pumpkins and place a small bowl inside to serve healthy dips like salsa and hummus.
- Have a jack-o-lantern contest. Have the kids draw a fun or scary face for the pumpkin. Then put it in a bag and draw out the winner.



Come up with your own ideas. You can use fruits and vegetables with a little imagination and create all kinds of Halloween creatures.

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