

## Healthier Halloween ideas

### Ghost pizzas

Buy or make a wholegrain pizza base and spread with quick pizza sauce, see recipe below. Use cookie cutters to cut out ghost shapes from sliced cheese e.g. Emmental. Or tear mozzarella into pieces and make ghost like shapes on the pizza. Use olives or capers for eyes. Cook in an oven preheated to at least 200C until bubbling. Make spiders from black pitted olives for added effect, see photo below from irishexaminer.com

### Quick pizza sauce

Gently fry a finely chopped onion in a little olive oil for 5 minutes. Add 1 tin of chopped tomatoes, 1 tube tomato puree, large pinch of salt, 1 tsp dried mixed / Italian herbs (optional) and cook uncovered on a medium heat, stirring occasionally, for 10 – 15 minutes. If you prefer, omit the dried herbs and add fresh basil at the end. Blend with a hand blender if you prefer a smoother sauce.

### Bat or witch's hat baked pitta crisps

Split open wholegrain pitta (or use wholegrain wraps) and use cookie cutter to cut bat or witch's hat shapes. Brush on both sides with a little olive oil, sprinkle with smoked paprika / Italian herbs / salt and pepper and bake in an oven pre-heated to 180C for 8 – 10 minutes, turning once. Allow to cool and serve with tomato salsa, hummus or pesto dip, recipe below.

### Red pesto + red pesto dip

In a food processor, blend 1 ½ cups sun-dried tomato in oil (keep the oil) with ½ cup flaked almonds for 30 seconds. Add 1 ½ cups olive oil (use the oil the tomatoes were stored in for added flavour), 1 clove of garlic, crushed, 2 handfuls fresh basil leaves, 1 tbsp balsamic vinegar and ½ tsp cayenne pepper (optional) and blend until smooth.

For red pesto dip, mix 1 tbsp. red pesto (home-made or good quality bought red pesto e.g. Happy Pear) with 3 – 4 tbsp. full fat natural yoghurt.

### Banana ghosts

Cut bananas in half. Use nut butter or honey to 'stick on' chocolate drops for eyes and mouth. Or just push choc chips into banana. Eat immediately or freeze for frozen banana ghosts

### Satsuma pumpkins

Peel satsumas and push a piece of celery or cucumber into top for stalk

