

BOO



Halloween

RECIPE E-BOOK

WELCOME!

Thank you for downloading our spooky Halloween recipe book!

We hope you're ready to bring some frightful fun into your kitchen! With Halloween around the corner, it's the perfect time to get your little ones involved in making delicious, spooky treats. This recipe booklet is packed with fun ideas to help you create everything from sweet to savoury, with a spooky twist!

Whether you're hosting a Halloween party or simply looking to add some fun to family meals, these recipes are sure to be a hit. Plus, they're a great way to sneak in some healthy veggies while keeping the Halloween spirit alive!

Developing positive eating habits in the early years is a responsibility we take very seriously. That is why we've invested heavily in creating the [MindChamps ChampionGold™ Standard Nutrition Programme.](#)

Our philosophy is simple – teach children's taste buds to enjoy nourishing, nutritionally beneficial foods as early as possible to ensure optimal development and the establishment of lifelong healthy eating behaviours.

Thank you for being part of the MindChamps family.

Happy Halloween!

*With Love,
MindChamps*



Chocolate Pumpkin Pies

Dietary: VEG, GF

Allergens: Eggs, Dairy, Nuts

Age group: 12 months +

Mealtime: Halloween

Menu

Difficulty level: Medium

Serves: 10-12

Prep: 30 mins

Cook: 25-30 mins

Equipment: High-speed food processor



Ingredients

CRUST

- 1 cup (140g) buckwheat flour
- ½ cup (50g) cacao powder
- ¾ cup (90g) almond meal
- ¼ cup (35g) arrowroot
- ½ cup (70g) coconut sugar
- Pinch sea salt
- ¾ cup (150g) unsalted cold butter, cubed
- 1 tsp (5ml) vanilla extract
- 1 tbsp (20ml) ice water

FILLING

- 3 large eggs
- 1 1/3 cups (400g) roasted or steamed pumpkin
- 1 cup (250ml) coconut cream
- 1 tbsp (16g) flaxseed meal
- 1 tsp (5ml) vanilla extract
- ¾ cup (100g) coconut sugar
- Pinch sea salt
- 1 tsp (2g) ground cinnamon
- ¼ tsp (0.5g) ground ginger
- ¼ tsp (0.5g) all spice

Optional topping:

- Whipped coconut cream or normal cream

For a dairy-free version: Swap butter for coconut oil.



Easy ingredient swaps: Swap buckwheat flour for wholemeal spelt flour. Swap almond meal for pumpkin seed meal or oatmeal.

Method

1. Preheat oven to 170°C and grease 10 mini pie dishes or 1 large pie dish with some butter.
2. To make the crust, add all crust ingredients to a food processor and process until it reaches a dough-like consistency.
3. Place in a bowl and refrigerate while working on the filling.
4. To make the filling, place all ingredients to a food processor or blender and blend until smooth and creamy.
5. Take dough out of the fridge and divide into 10 equal balls. Press each ball into a mini pie dish.
6. Pour filling into each pie and bake in the oven for 25-30 mins.
7. Take out of the oven and allow to cool in the pie dishes for an hour.
8. Serve with whipped coconut cream.

Storing leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Halloween Pumpkin Popsicles

Dietary: V, VEG, DF, GF, EF, NF

Allergens: None

Age group: 8 months +

Mealtime: Halloween Menu

Difficulty level: Beginner

Makes: 4

Prep: 10 mins
(+ 2-3 hours in the freezer)

Ingredients

- 1 cup (250g) steamed or roasted pumpkin
- 1 frozen ripe banana
- 1 cup (250ml) coconut milk
- 1 tsp (5ml) vanilla extract
- 1 tsp (5g) chia seeds
- 2-3 Medjool dates, pitted
- ½ tsp (2g) cinnamon

Optional topping:

- ½ cup vegan dark chocolate, melted

Method

1. Place all ingredients in a blender and blend until smooth and creamy.
2. Pour into popsicle moulds, add popsicle sticks and place in the freezer for 2-3 hours or until set.
3. Use melted dark chocolate to paint spooky faces onto the pumpkin popsicles.

Storing leftovers: Store in an airtight container in the freezer for up to 4 months.



Add 1/2 cup of frozen cauliflower to increase nutrient value.



Easy ingredient swaps:
Swap coconut milk for milk of choice. Swap pumpkin for sweet potato.

Pumpkin Spice Gummies

Dietary: DF, GF, EF, NF

Allergens: None

Age group: 12 months +

Mealtime: Halloween Menu

Difficulty level: Beginner

Serves: 15

Prep: 10 mins (+
20-25 mins to set
in the freezer)

Cook: 3 mins

Ingredients

- 3 tbsp (40g) gelatine powder
- ½ cup (125ml) filtered water
- ½ cup (115g) pumpkin puree
- ½ cup (135g) coconut milk, canned
- 2 tbsp (40ml) maple syrup
- 1 tsp (5ml) vanilla extract
- ¼ tsp (0.5g) ground cinnamon
- ¼ tsp (0.5g) ground ginger
- ¼ tsp (0.5g) all spice

For a spooky effect:

- Mix in either ½ tsp (1g) charcoal powder, spirulina or turmeric into the gummy blend

Method

1. In a small bowl, whisk gelatine powder with cup of water and allow to set.
2. Add pumpkin puree, coconut milk, maple syrup, vanilla and spices to a small saucepan and heat over medium to bring to a simmer.
3. Once simmering, stir in the gelatine mixture.
4. Blend well until the gelatine has dissolved into the mixture.
5. Pour the mixture into Halloween themed moulds of choice. To achieve black gummies, whisk 1 tsp of charcoal powder into half of the gummy mixture (optional).
6. Allow the gummies to set in the fridge for approx. 2 hours or place in the freezer for 20-25 mins to firm quickly.

Storing leftovers: Store in an airtight container in the fridge for up to 14 days or in the freezer for up to 4 months.



For a baby-friendly version, serve in finger food-sized pieces and leave out maple syrup.



Easy ingredient swaps:
Swap maple syrup for raw honey. Swap coconut milk for milk of choice.

Spicy Ghost Cupcakes

Dietary: VEG, NF

Allergens: Wheat, Dairy, Egg

Age group: 12 months +
Mealtime: Halloween Menu

Difficulty level: Medium

Serves: 18

Prep: 30 mins

Cook: 15-20 mins

Equipment: High-speed food processor, electric hand-held mixer or stand mixer, piping bag



For a baby-friendly version, leave out sweeteners and serve mashed or in finger food-sized pieces.

Ingredients

CUPCAKES

- 2 eggs
- 1/3 cup (80ml) milk of choice
- 1 cup (260g) pumpkin puree
- ¼ cup (60ml) raw honey
- ¼ cup (60ml) mild olive oil
- 1 tsp (5ml) vanilla extract
- 1 ½ cups (200g) wholemeal spelt flour
- 1 tsp (4g) baking soda
- ½ tsp (2g) baking powder
- 1 tsp (2g) ground cinnamon
- 1 tsp (2g) ground ginger
- Pinch of sea salt

FROSTING

- 2/3 cups (120g) unsalted butter, softened
- 1 cup (250g) cream cheese, room temperature
- 2 tbsps (40ml) maple syrup
- 1 tsp (5ml) vanilla extract
- ½ tsp (1g) ground cinnamon
- Pinch ground ginger
- Pinch all spice

Dark choc chips, to decorate

Method

1. Preheat oven to 180°C and line a mini muffin tray with mini muffin cases.
2. To make the cupcakes, place the eggs, milk, pumpkin, honey, oil and vanilla extract into a high-speed food processor and process until smooth.
3. Add flour, baking soda, baking powder, spices and salt and process until well combined and smooth.
4. Spoon mixture into the prepared muffin tins (about ¾ full) and bake for 15-20 mins or until a cake tester or knife comes out clean.
5. Take cupcakes out of the tin and allow to cool.
6. To make the frosting, add the butter to a bowl and whip with a hand-held blender or stand mixer until creamy.
7. Add cream cheese and whip for another 2 mins.
8. Add rest of the ingredients and whip until smooth and creamy.
9. Fill the frosting into a piping bag and pipe a blob onto the cooled cupcakes. Decorate with choc chips to create ghost eyes and mouths.

Storing leftovers: Store in an airtight container in the fridge for up to 5 days or freeze leftover cupcakes for up to 4 months.



Easy ingredient swaps:
Swap pumpkin for sweet potato. Swap coconut milk for milk of choice. Swap honey for maple syrup. Swap eggs for a store-bought egg-replacer.

Spooky Homemade Chocolates

Dietary: V, VEG, DF, GF, EF, NF

Allergens: None

Age group: 12 months +

Mealtime: Halloween Menu

Difficulty level: Beginner

Serves: 20

Prep: 5 mins

Cook: 2 mins

Ingredients

- 1/3 cup (80ml) coconut oil
- 1/3 cup (30g) cacao powder
- 1/4 cup (60ml) maple syrup

Method

1. Place coconut oil into a small saucepan and melt over medium heat.
2. Whisk in cacao and maple syrup.
3. Pour or spoon chocolate into spooky silicon moulds and place into the fridge to set for approx. 2 hours.

Storing leftovers: Store in an airtight container in the fridge for up to 4 weeks or freeze for up to 6 months.



Additional boosters: Sprinkle chocolate with crushed seeds, shredded coconut or dried fruits.



Easy ingredient swaps:
Swap maple syrup for raw honey. Swap coconut oil for cacao butter.

Stuffed Capsicum Jack O'Lanterns

Dietary: GF, EF, NF

Allergens: Dairy

Age group: 8 months +

Mealtime: Halloween Menu

Difficulty level: Beginner

Serves: 6

Prep: 15 mins

Cook: 30 mins

Ingredients

- 6 medium-sized capsicums, rinsed
- 1 tbsp (20ml) extra virgin olive oil
- 1 small brown onion (55g), peeled and finely chopped
- 2 garlic cloves (10g), peeled and finely minced
- 1 carrot (150g), peeled and finely grated
- 500g lean beef mince
- 1 cup (250ml) tomato passata
- 2 tbsp (15g) fresh parsley, rinsed and finely chopped
- 1 cup (200g) cooked brown rice
- Sea salt and pepper, to taste
- 4 tbsp (50g) goat's cheese or feta, crumbled

Method

1. Preheat oven to 180°C.
2. Cut off the top of each capsicum and remove the pulp and seeds from inside. Carve a jack o' lantern face into each capsicum, using a sharp small knife.
3. Place capsicums in a baking dish or on a baking tray and bake in oven for 10 mins, take out and set aside.
4. In a large frying pan, heat olive oil over medium heat. Add onion, garlic and carrot and sauté for 3-4 mins or until soft.
5. Add beef, breaking up meat into pieces and cook until browned, approximately 4-5 mins.
6. Add tomato passata and parsley and simmer on medium heat for 10 mins.
7. Add cooked brown rice and season with salt and pepper.
8. Stuff capsicums with as much filling as will fit. Return to oven and continue roasting until very soft, about 20 mins.
9. Sprinkle cheese on top and serve with fresh herbs on top.

Storing leftovers: Store in the fridge for up to 3 days or freeze for up to 4 months.



For a baby-friendly version, serve mashed or in finger food-sized pieces.



Easy ingredient swaps:
Swap beef mince for chicken mince or canned lentils. Swap carrot for vegetables of choice such as zucchini, mushrooms, pumpkin etc.



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**CHAMPION GOLD STANDARD
FOR CHILDHOOD NUTRITION**

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