

HALLOWEEN RECIPE CARDS



THE SPIRIT OF HALLOWEEN: FINDING JOY BEYOND SUGAR

As October ends and the days grow shorter, the air carries that familiar mix of crispness and comfort — the scent of woodsmoke, the sight of pumpkins glowing on porches, and the echo of laughter drifting through neighborhoods. Halloween, for many, is a season of nostalgia and sweetness, of bowls brimming with candy and moments wrapped in childhood joy. Yet for those who are on a healing journey, filled eclebration can bring quiet hesitation. The traditions we celebrate can sometimes feel out of step with the care our bodies need.

It's easy to feel left out when the world seems to be celebrating with processed treats, neon frosting, and a whirlwind of refined sugar. But the true spirit of Halloween was never meant to be found in a candy wrapper. Long before it became a modern parade of sweets, this season was a time to honor the harvest—a moment to give thanks for the abundance of the earth, to share food, warmth, and gratitude. That deeper meaning still lives in the rhythm of the season, inviting us to celebrate not through excess, but through nourishment.

By choosing vibrant, whole ingredients — pumpkins, apples, hearty beans, warming spices — we return to that original essence. The simple act of cooking something wholesome can transform the day. A pot of pumpkin soup simmering on the stove fills the home with the scent of comfort. A black bean and avocado dip brings colour and vitality to the table. A naturally sweet apple pudding made with cinnamon and chia becomes a reminder that indulgence doesn't need to harm the body; it can, in fact, help it heal. These are small acts, but together they turn Halloween into something new — or perhaps something beautifully old.

For those whose immune systems are working hard, food isn't just about taste; it's about trust. Every bite can either drain or restore. When we choose real foods — those with colour, texture, and life — we feed more than our bodies. We nourish our resilience, our energy, and our sense of connection. In a world that often pushes celebration through consumption, there is quiet power in deciding that joy can come from what truly sustains us.

And that joy is abundant. The sweetness of roasted pumpkin, the creaminess of coconut milk, the gentle spice of ginger or turmeric—these are flavours that comfort and invigorate. They remind us that pleasure and wellbeing are not opposites. We can gather with friends, share in laughter, and savor something delicious without any feeling of loss. This is a celebration that leaves us fuller, not emptier—a feast that honors both the season and the self.

Halloween, in its truest form, is about transformation. It marks the shift of light to dark, the letting go of what no longer serves us, and the welcoming of warmth and rest.

Perhaps this year, that transformation can be one of nourishment — a turning toward foods that heal, toward traditions that uplift. When we sit down to a meal made with care, when we choose flavors that comfort and strengthen us, we are part of a quieter kind of festivity: one that celebrates life itself.

If you celebrate Halloween, may your table glow with the colors of the season, your kitchen fill with the seent of real food, and your heart find joy in every bite that brings healing and comfort. In a world of candy and quick indulgence, let's rediscover the sweetness that truly matters — the kind that nourishes, warms, and reminds us how good it feels to be alive.





"Pumpkin Glow" Soup with Ginger and Turmeric



INGREDIENTS

- 1 medium sugar pumpkin or butternut squash (about 4 cups, peeled and cubed)
- · 1 tbsp olive oil
- 1 medium onion, chopped

grated

- · 2 cloves garlic, minced
- 1 inch fresh ginger,
- ½ tsp turmeric powder
- 3 cups low-sodium vegetable broth
- ½ cup coconut milk (unsweetened)
- Sea salt and black pepper to taste
- Optional: roasted pumpkin seeds and a swirl of coconut milk for garnish

- 1. Roast the pumpkin: Preheat oven to 400°F (200°C). Toss pumpkin cubes with a little olive oil and roast on a baking sheet for 25–30 minutes until tender and golden.
- 2. Sauté the aromatics: In a pot, warm olive oil over medium heat. Add onion and cook until translucent, about 5 minutes. Add garlic, ginger, and turmeric; stir until fragrant (about 1 minute).
- Combine and simmer: Add roasted pumpkin and broth.Bring to a gentle simmer for 10 minutes.
- 4. Blend: Use an immersion blender (or transfer carefully to a blender) and puree until smooth.
- Finish: Stir in coconut milk, adjust seasoning, and heat through gently.
- 6. Serve: Ladle into bowls, drizzle a little coconut milk, and top with roasted pumpkin seeds.







"Witch's Cauldron" Black Bean & Avocado Dip



INGREDIENTS

- 1 can (15 oz) low-sodium black beans, drained and rinsed
- · 1 ripe avocado
- · Juice of 1 lime
- · 1 small garlic clove
- 1 tsp cumin
- · 1 tbsp olive oil
- · 2 tbsp chopped cilantro
- · Pinch of sea salt
- Optional: a sprinkle of chili flakes or smoked paprika
- Dippers: cucumber rounds, carrot sticks, or baked beet chips

- Start by rinsing a can of low-sodium black beans until the water runs clear.
- Place them in a food processor with a ripe avocado, the juice of one lime, and a small clove of garlic.
- Add a teaspoon of ground cumin and a tablespoon of olive oil to help everything blend smoothly.
- 4. A pinch of sea salt ties the flavours together, while a bit of chopped cilantro adds brightness and a hint of green against the dark beans.
- 5. Blend the mixture until it becomes a smooth, thick dip. Pause occasionally to scrape down the sides of the bowl and make sure everything blends evenly. Taste and adjust — maybe a little more lime for freshness, or a touch of smoked paprika if you like a deeper flavour.
- Spoon the dip into your "cauldron" bowl and drizzle a little olive oil on top.
- 7. For a playful, witchy finish, dust the surface lightly with chilli flakes or paprika.
- Serve it with crunchy cucumber rounds, carrot sticks, or even baked beet chips for a colourful contrast.









Spooky Carrot & Ginger "Monster Fingers" Soup



INGREDIENTS

- 1 lb carrots, peeled and chopped
- · 1 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tsp fresh grated ginger
- $\frac{1}{2}$ tsp ground cumin
- 3 cups low-sodium vegetable broth
- ½ cup coconut milk
- Sea salt and black pepper to taste
- Optional garnish: pumpkin seeds, chive "fingernails"

- Heat the olive oil in a large pot over medium heat and sauté the onion until soft and translucent.
- 2. Add garlic, ginger, and cumin, stirring until fragrant.
- 3. Toss in the carrots and let them mingle with the spices for a few minutes before pouring in the broth.
- Simmer gently until the carrots are tender, about 15–20 minutes.
- Use an immersion blender to pure the mixture until smooth and creamy.
- $6.\,\mathrm{Stir}$ in coconut milk for richness and season to taste.
- 7. Serve in individual bowls and garnish with pumpkin seeds and chive "fingernails" for a fun, spooky effect.







"Caramel Apple" Chia Pudding (No Sugar Added)



INGREDIENTS

- · 2 tbsp chia seeds
- 1 cup unsweetened almond or oat milk
- ½ tsp cinnamon
- 1 apple (sweet variety like Fuji or Honeycrisp), diced
- 1 tbsp date paste or 2 Medjool dates, blended
- ½ tsp vanilla extract
- Optional toppings: chopped walnuts, plain Greek yoghurt, or a drizzle of nut butter

- 1. Make the pudding base: In a jar or bowl, whisk together chia seeds, milk, cinnamon, vanilla, and date paste. Stir well and refrigerate for at least 3 hours (or overnight) to thicken.
- 2. Cook the apples: In a small skillet, warm a teaspoon of water. Add diced apple and cook gently for 5–7 minutes until tender and lightly caramelised (no sugar needed the natural sweetness comes out).
- Assemble: Spoon chia pudding into glasses, layer with warm apples, and top with walnuts or yoghurt.
- 4. Serve chilled or slightly warm.







Chocolate Avocado Mousse (No Sugar Added)



INGREDIENTS

- · 2 ripe avocados
- ¼ cup unsweetened cocoa powder
- 2-3 Medjool dates, pitted and blended
- 1 tsp vanilla extract
- · Pinch of sea salt
- Optional garnish: fresh berries or cacao nibs

- Blend avocado, cocoa powder, dates, vanilla, and salt in a food processor until smooth and creamy.
- 2. Taste and adjust sweetness as needed.
- Chill for at least an hour before serving to let flavours meld.
- Spoon into small cups and garnish with berries or cacao nibs for a festive presentation.



