

# 10 Easy Healthy Halloween Treats: A Spooktacular Guide for Kids and Adults Alike

Halloween is just around the corner, and that means it's time to start thinking about treats! But if you're looking for something a little healthier than the traditional candy corn and chocolate bars, this book is for you. 10 Easy Healthy Halloween Treats is packed with delicious recipes that are perfect for kids and adults alike.



## 10 Easy Healthy Halloween Treats by Alissa Noel Grey

★★★★★ 5 out of 5

Language : English

File size : 2720 KB

Text-to-Speech : Enabled

Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 33 pages



## What's Inside

The book is divided into 10 chapters, each of which features a different type of treat. You'll find recipes for everything from cookies to cupcakes to candy bars. And the best part is, all of the recipes are made with healthy ingredients like whole wheat flour, oats, and fruit.

- Chapter 1: Cookies
- Chapter 2: Cupcakes
- Chapter 3: Candy Bars
- Chapter 4: Popcorn Balls
- Chapter 5: Rice Krispie Treats
- Chapter 6: Energy Bites
- Chapter 7: Fruit Salad
- Chapter 8: Vegetable Platters
- Chapter 9: Halloween Punch
- Chapter 10: Halloween Cookies

## Why Choose This Book?

There are many reasons to choose 10 Easy Healthy Halloween Treats over other Halloween cookbooks. Here are just a few:

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- The recipes are easy to follow.

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- The ingredients are healthy and affordable.

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- The treats are delicious.

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- The book is perfect for kids and adults alike.

### **About the Author**

Alissa Noel Grey is a registered dietitian and certified diabetes care and education specialist. She is passionate about helping people make healthy choices, and she loves to create delicious recipes that are both healthy and satisfying.

If you're looking for a healthy and delicious way to celebrate Halloween, this book is for you. 10 Easy Healthy Halloween Treats is packed with recipes that are perfect for kids and adults alike. So what are you waiting for? Free Download your copy today!

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