



2024 Halloween Snacks & Appetizers

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TRADITIONAL WELLNESS™

Hi,

Welcome to your personal recipe collection! Here you will find a collection of delicious recipes I have put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

HOW TO USE

All of these recipes have been selected based on your needs. Get started by adding a couple of new recipes from this collection into your regular meal rotation.

RECIPE TIPS

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

Halloween 2024 Recipe Collection

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Frankenstein Kiwis

3 SERVINGS 15 MINUTES



INGREDIENTS

1/2 oz Dark Chocolate
3 Kiwi
1 oz Pretzels

DIRECTIONS

- 01 Place the chocolate in a bowl and melt in the microwave in 30-second intervals or over a double boiler. Set aside.
- 02 Cut each kiwi in half lengthwise. Use a small knife and peel them halfway, leaving the top part with the skin on to resemble Frankenstein's hair.
- 03 Break the pretzel sticks into small pieces, about 1/2 inch long. Insert the pretzel sticks into the sides of the kiwi.
- 04 Using a toothpick or a piping bag with a fine tip, draw the eyes and mouth with the melted chocolate.
- 05 Once the chocolate has set, transfer them to a serving plate and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to two Frankenstein Kiwis.



Witch Finger Breadsticks

3 SERVINGS 30 MINUTES



INGREDIENTS

1/2 oz Unbleached All Purpose Flour
6 ozs Pizza Dough (store bought)
1/4 cup Green Olives (pitted)
1 tbsp Extra Virgin Olive Oil
2 tbsps Parmigiano Reggiano (finely grated)

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Lightly dust the working surface with flour.
- 02 Divide the dough into equal pieces. Roll each piece into long six-inch (15 cm) ropes. Lightly twist each rope in the middle and place it on the baking sheet.
- 03 Cut the olives into a sharp nail shape form and press on the end of each rope to make it look like nails.
- 04 Brush each rope with olive oil and bake in the oven for about 15 to 17 minutes or until golden brown. Remove from the oven and sprinkle with parmesan cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately two breadsticks.

MORE FLAVOR

Add garlic and parsley to the olive oil for brushing.

DAIRY-FREE

Omit the parmesan or use plant-based cheese instead.



Mini Mummy Pizzas

1 SERVING 15 MINUTES



INGREDIENTS

2 ozs Mini Whole Wheat Pita
1/4 cup Pizza Sauce
1/2 tsp Oregano
1 1/2 ozs String Cheese
1 tbsp Green Olives (sliced)
1 tbsp Capers (drained)
1/4 tsp Sea Salt (flaky)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Place the mini pitas onto the baking sheet and divide the pizza sauce onto both pitas.
- 03 Sprinkle the oregano onto each pita. Cut the cheese strings in half, then cut or peel them into long thin pieces. Arrange them onto each pita like a mummy.
- 04 Bake for eight to ten minutes or until the cheese has slightly melted. Remove from the oven and place the sliced olives onto each pita to resemble eyes. Add a caper into each olive. Sprinkle sea salt onto each pita. Enjoy!

NOTES

LEFTOVERS

Best enjoyed right away but can be refrigerated into an airtight container for up to three days.

SERVING SIZE

One serving is two mini pizzas.

GLUTEN-FREE

Use a gluten-free pita instead.

MINI WHOLE WHEAT PITA

One mini whole wheat pita is 30 grams or one ounce.



Witches Brooms

3 SERVINGS 15 MINUTES



INGREDIENTS

2 1/4 ozs String Cheese
3 ozs Pretzels (sticks)

DIRECTIONS

- 01 Cut each piece of string cheese in half. Take one half and use a knife or scissors to make vertical cuts about 3/4 inch (2 cm) from the top to resemble broom bristles.
- 02 Take a pretzel and gently press it into the top of the cut string cheese. Repeat with the remaining cheese and pretzels. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is two brooms.



Spiders on a Log

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 tbsps Dark Chocolate Chips (divided)
- 1/3 cup All Natural Peanut Butter
- 4 stalks Celery (cut in half)

DIRECTIONS

- 01 In a small bowl, add 3/4 of the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 02 Spread the peanut butter into the celery and top with the remaining chocolate chips.
- 03 Use a toothpick to dip into the melted chocolate and draw legs around the chocolate chips. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is two halved celery sticks.

NUT-FREE

Use sunflower seed butter instead.



Bat Energy Bites

10 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Pitted Dates
1/2 cup Hazelnuts
1/4 cup Cocoa Powder (divided)
1/8 tsp Sea Salt
1 tbsp Water
2 ozs Dark Chocolate (thin, chopped into triangles for wings)
1/2 tsp Dark Chocolate Chips

DIRECTIONS

- 01 Add the dates, hazelnuts, half of the cocoa powder, and salt to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 02 Pour the remaining cocoa powder onto a plate.
- 03 Form the mixture into small balls with your hands, using roughly one tablespoon of dough per ball, and roll them in the cocoa powder. Carefully place the chocolate wings on the sides of the balls and insert the chocolate chips into the balls for the eyes. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week.

SERVING SIZE

One serving is one ball.

NO HAZELNUTS

Use almonds or pecans.



Spiderweb Guacamole

4 SERVINGS 15 MINUTES



INGREDIENTS

- 2 Avocado (large, halved, pits removed)
- 1/2 Lime (large, juiced)
- 3 tbsps Red Onion (finely chopped)
- 2 tbsps Cilantro (finely chopped)
- 1/4 tsp Sea Salt
- 2 tbsps Sour Cream
- 1 tbsp Black Olives (pitted and sliced)
- 4 cups Corn Tortilla Chips

DIRECTIONS

- 01 In a bowl, mash the avocado with a fork. Add the lime juice, red onion, cilantro, and salt. Mix to combine.
- 02 Smooth out the top of the guacamole with the back of a spoon. Taste and add more salt or lime juice if desired
- 03 Add the sour cream into a plastic bag and cut a small part of the tip off. Make three to four concentric circles (depending on the size of the bowl used). Use the tip of a knife to pull the center circle out to create a web.
- 04 Garnish the guacamole with olive slices in the form of a spider. Serve with tortilla chips and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately 1/3 cup.

MAKE IT VEGAN

Use plant-based sour cream.

MORE FLAVOR

Add chopped jalapeño to the guacamole.



Banana Ghosts

8 SERVINGS 2 HOURS 40 MINUTES



INGREDIENTS

- 8 Barbecue Skewers
- 4 Banana (cut in half)
- 1 cup White Chocolate Chips
- 1/2 tsp Dark Chocolate Chips
- 1 tsp Dried Unsweetened Cranberries

DIRECTIONS

- 01 Place parchment paper on a baking sheet. Take the wooden skewers and pierce the bananas until about 3/4 of the way through. Transfer to a freezer until hardened, about two hours.
- 02 In a small bowl, add the white chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 03 Remove the bananas from the freezer and dip into the white chocolate, using a butter knife to spread all around. Before it hardens, place the dark chocolate chips on the banana for the eyes and the cranberry for the mouth. Repeat with remaining bananas.
- 04 Return to the freezer for about 30 minutes, until set again. Serve and enjoy!

NOTES

LEFTOVERS

Freeze in an airtight container for up to five days.

SERVING SIZE

One serving is half of a banana.



Clementine Pumpkins

4 SERVINGS 5 MINUTES



INGREDIENTS

1 stalk Celery
4 Clementines (peeled)

DIRECTIONS

01 Cut the celery into thin strips that will fit the clementine. Place in the middle of the clementines, pressing down to secure. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is one clementine.



Eyeball Caprese Bites

8 SERVINGS 10 MINUTES



INGREDIENTS

- 3 ozs Mozzarella Ball (pearls)
- 1/2 cup Basil Leaves
- 1/2 cup Cherry Tomatoes (halved)
- 1 tbsp Black Olives (pitted, sliced)
- 1 tbsp Balsamic Glaze

DIRECTIONS

- 01 Lightly mash the mozzarella pearls to add texture and slightly increase their size.
- 02 Arrange the basil leaves on a large serving tray. Layer each leaf with one tomato, one mashed mozzarella ball, and a slice of black olive on top.
- 03 Drizzle with balsamic glaze and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately two bites.

MORE FLAVOR

Season with sea salt and ground black pepper.

SERVE IT WITH

Tortilla chips, baguette and/or crackers



Candy Corn Fruit Kabobs

5 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 cups Pineapple (cut into squares)
- 1/2 Cantaloupe (medium, peeled, deseeded and chopped)
- 2 Banana (sliced thick)
- 15 Barbecue Skewers (cut in half)

DIRECTIONS

- 01 Thread the pineapple, cantaloupe, and banana onto the skewers. Using a knife slice just the outside edge of the banana so it forms a triangle. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is three six-inch skewers.



String Cheese Spiders

3 SERVINGS 10 MINUTES



INGREDIENTS

- 1/2 Cucumber (medium)
- 2 1/2 ozs String Cheese
- 1/2 tsp Cream Cheese, Regular
- 1 1/2 tsps Black Olives (pitted, sliced)

DIRECTIONS

- 01 Cut the cucumber into 1 1/2-inch (4 cm) pieces. Scoop out the seeds from each cucumber piece using a knife and a spoon.
- 02 Insert the cheese stick into the hollow part of the cucumber.
- 03 Cut each side of the cheese stick vertically two times to create eight spider legs.
- 04 Add two cream cheese dots to each cucumber slice and stick the olives to the cucumbers as eyes. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is one spider.



Monster Apple Bites

4 SERVINGS 15 MINUTES



INGREDIENTS

2 Apple (cored, quartered)
1/4 cup Sunflower Seed Butter
1 tbsp Pumpkin Seeds
1 tsp Dark Chocolate Chips

DIRECTIONS

- 01 Cut a wedge into the apples to make the mouth. Fill with sunflower seed butter and place the seeds inside to make the teeth.
- 02 Spread a little of the sunflower seed butter on the flat part of the chocolate chips and then adhere to the apples to make eyeballs. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is two pieces, or half an apple.



Spider Crackers

4 SERVINGS 15 MINUTES



INGREDIENTS

- 2 tbsps Cream Cheese, Regular (plus more for cranberries)
- 1 1/16 ozs Whole Grain Crackers
- 8 ozs Pretzels (sticks)
- 2 tbsps Dried Unsweetened Cranberries

DIRECTIONS

- 01 Spread the cream cheese onto each cracker. Break the pretzels in half then arrange them onto a cracker resembling spider legs. Place another cracker on top and lightly press down to secure. Set aside.
- 02 Repeat with the remaining crackers and pretzels. Lightly dip two cranberries into cream cheese before placing them onto the crackers to make eyes. Repeat with the remaining spider crackers. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is one spider cracker.

MAKE IT VEGAN

Use a plant-based cream cheese alternative or nut butter instead.

NO CRANBERRIES

Use raisins or chocolate chips.

GLUTEN-FREE

Use gluten-free crackers.



Stuffed Mushroom Eyeballs

8 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 cup Cream Cheese, Regular (softened)
- 1 1/2 ozs Cheddar Cheese (grated)
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 16 White Button Mushrooms (stems and gills removed)
- 3 tbsps Sun Dried Tomatoes (drained, thinly sliced)
- 3 tbsps Black Olives (pitted, sliced)

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet(s) with parchment paper.
- 02 In a bowl, mix together the cream cheese, cheddar, and garlic. Season with salt and pepper.
- 03 Arrange the mushroom caps on the prepared baking sheet(s). Divide the filling into each mushroom. Top each mushroom with a sun dried tomato slice and a black olive slice.
- 04 Cook in the oven for 14 to 16 minutes or until the mushrooms are tender. Let cool slightly before serving and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days and reheat in the oven.

SERVING SIZE

One serving is two stuffed mushrooms.

