

Halloween Recipes

Freaky Fruit Platter



Ingredients:

(Serves 12)

1. Mummy Bananas-

- 70g Tesco free from white choc bar (0.3 g protein), extra for sticking on the eyes
- 3 Small Bananas, peeled and cut in half
- Eyeball cake decorations or Black and White Icing Pens

2. Mandarin Pumpkins-

- Small piece of celery
- 6 Small mandarins, peeled

3. Apple Fangs-

- 1 Red Apple, cut into 6 wedges
- 2 tablespoon (28.3g) peanut butter (optional) 0.47g protein per serving= ½ exchange
- 25 g yogurt-coated Raisins – Forest Feast yoghurt coated raisins (0.6g protein per 25g in total recipe , per serving 0 exchanges)

4. Lychee Eyeballs-

- 425 g Can of lychees in juice, drained
- 150 g blueberries
- Eyeball cake decorations

5. Grape Snakes-

- 250 g black and green grapes
- Short wooden skewers
- Eyeball cake decorations

Method:

Step 1- For the mummy bananas, melt the chocolate in a heatproof bowl in the microwave in 20-second bursts. Cool to room temperature. Put the bananas on a tray lined with baking parchment and drizzle over the chocolate in a criss-cross pattern to make 'bandages'. Stick on the eyeball decorations or use black icing or to draw the eyes on the bananas, then chill until set, about 30 minutes

Step 2- For the mandarin pumpkins, cut tiny 'stalks' from the celery piece and push these into the tops of the mandarins where the segments come together

Step 3- For the apple fangs, cut a small wedge from the peel side of the apple wedges to make lips, if using peanut butter then fill the 'mouth' with the butter. Push the raisins into the mouth to look like wonky teeth

Step 4- For the lychee eyeballs, stuff each lychee with a blueberry. Stick the eyeball decorations onto the blueberry using some of the melted white chocolate from step 1, or skewer the fruit together. If you like, drop these into a punch bowl

Step 5- For the grape snakes, thread alternating green and red grapes onto skewers, and then stick on eyeball decorations with white chocolate as in step four

Step 6- Arrange the freaky fruits on a large serving platter. Fill gaps with any leftover blueberries and decorate with spooky Halloween figures and decorations, if you like

Recipe adapted from BBC Good Food

Halloween Doughnuts

Ingredients:

- 6 g Yeast
- 7 g Psyllium Husk
- 1 teaspoon of vanilla essence
- 200 ml warm water
- 240 g Fate Low Protein All-Purpose Mix (plus extra for dusting)
- 40 g caster sugar

For the icing glaze

- 1 cup of icing sugar
- 1 ½ tablespoons of Prozero
- ½ teaspoon of vanilla essence
- Permitted toppings: icing, sugar, freeze dried strawberries, sprinkles etc.



Method:

Step 1- Pour the yeast, psyllium husk, vanilla essence and warm water into a jug and stir and allow to stand for 5 minutes.

Step 2- Add the yeast mixture, Fate low protein all-purpose mix and sugar into a bowl and mix into a dough.

Step 3- Leave the dough to stand for 10 minutes.

Step 4- Dust your hands and work surface with Fate low protein all-purpose mix and divide the dough into 8 even portions and roll into smooth balls and form rings.

Step 5- Using a slotted spoon place the dough rings into the deep fat fryer.

Step 6- Deep fry for 3 minutes on each side or until golden brown.

Step 7- Carefully remove using the slotted spoon and place on kitchen towel to remove excess oil.

Step 8- Add toppings.

Recipe from Vitafriends PKU. Image to inspire your decorating of non-low protein doughnuts by Your Home Based Mum

Halloween Gingerbread Men

Ingredients:

- 40 g butter, softened
- 70g demerara sugar
- 1 teaspoon ginger, ground
- 1 teaspoon cinnamon, ground
- 140 g Fate low protein all-purpose mix
- 50 ml Prozero
- 1 teaspoon Loprofin egg replacer
- ½ teaspoon vanilla essence
- 1 tablespoon golden syrup
- 1 teaspoon oil (optional)
- Colourful icing pens



Method:

Step 1- Preheat oven to 200°C/fan 180°C/gas mark 6

Step 2- In a bowl, cream the butter and sugar together

Step 3- Add the ginger, cinnamon and Fate Low Protein All-Purpose Mix and rub together with your fingertips to create a breadcrumb texture

Step 4- In a separate bowl, mix together the Prozero, egg replacer, vanilla essence and golden syrup

Step 5- Add this mixture to the other bowl and knead into a dough

Step 6- Roll dough to a thickness of 0.5cm, cut into 4 gingerbread men and place onto a lightly greased baking tray and cook for 20-25 minutes

Step 7- Remove from oven and cool on a wire rack

Step 8- Decorate with Halloween designs using the icing pens and serve

Recipe from Vitafriends PKU. Image to inspire your decoration of non-low protein Gingerbread by Mama Loves to Cook

Halloween Shortbread Cookies

Ingredients:

- 50 g butter
- 50 g margarine, hard
- 60g caster sugar
- 120g Loprofin Mix
- 2-3 teaspoons water, cold
- Colourful icing pens

Optional Flavours:

- Grated zest of ½ lemon
- Grated grated of ½ orange
- Few drops of vanilla essence
- 50g finely chopped cherries



Method:

- **Step 1-** Preheat oven to 150°C
- **Step 2-** Place the butter and margarine in a mixing bowl and beat well
- **Step 3-** Add the sugar and mix together until light in colour and texture. Stir in the Loprofin mix and optional flavours
- **Step 4-** Squeeze the mixture until it comes together, adding sufficient water to give a manageable dough. Transfer to a surface lightly dusted with Loprofin mix and knead the dough for 30 seconds or until smooth
- **Step 5-** Roll out the dough to about ½ cm thickness and cut into desired shapes
- **Step 6-** Transfer the cookies to a lightly greased baking tray and bake for 20-25 minutes until golden in colour
- **Step 7-** Remove from baking trays and cool on a wire rack. Decorate using icing pens

Recipe from PKU and My Family. Image to inspire your decoration of non-low protein Shortbread by Renshaw Baking

Hellish Halloween Cupcakes



Ingredient:

- 250 g Fate low protein chocolate flavour cake mix
- 65 g soft margarine/butter
- 125 g water

To Decorate:

- 1 tub Betty Crocker Vanilla Buttercream Style icing
- 1 teaspoon of Gel food colouring per bowl
- 30 Edible eyes

Method:

Step 1- Preheat oven to 200°C/180°C fan/gas mark 6

Step 2- Make the Fate low protein chocolate flavour cake mix up to packet instructions and divide equally between 6 cupcake cases and bake in oven for 20 minutes

Step 3- Remove from the oven and allow to cool completely

Step 4- Meanwhile, split the buttercream icing into 2 equal portions in separate bowls and mix in the gel food colouring until thoroughly combined

Step 5- Using a spatula, place each colour of icing into separate piping bags

Step 6- Pipe icing on top of the cooled cupcakes and add the edible eyes randomly on top

Recipe from VitafriendsPKU

Halloween Toffee Apples

Ingredients:

- 8 red apples
- 400 g caster sugar
- 1 teaspoon of lemon juice
- 4 tablespoons of golden syrup
- red or black food colouring
- red or black food glitter (optional)
- You will need
- 8 sturdy, clean twigs or lolly sticks



Method:

Step 1- Remove twigs and push stick through the apple

Step 2- Tip the sugar into a large saucepan and add the lemon juice and 100ml water. Bring to a simmer and cook until the sugar has dissolved. Swirl the pan gently to move the sugar around, but don't stir. Add the golden syrup and bubble the mixture until it reaches 'hard crack' stage if 150 C if you have a thermometer. If you don't have a thermometer, test the toffee by dropping a small amount into cold water. It should harden instantly and, when removed, be brittle. If it's soft, continue to boil. When it's ready, drip in some food colouring and swirl to combine. Add glitter if using.

Step 3 - Working quickly, dip each apple into the toffee, tipping the pan to cover all the skin. Lift out and allow any excess to drip off before putting on the baking parchment. Repeat with the remaining apples. Gently heat the toffee again if you need to. Best eaten on the same day.

Recipe adapted from BBC Good Food

Healthy Halloween Stuffed Peppers

Ingredients:

- 4 small Peppers (orange, red, yellow)
- 25g pine nuts (25 g = 3.5 g protein in total, 1 exchange per serving)
- 1 tbsp olive oil
- 1 red Onion, chopped
- 2 garlic Cloves, crushed
- 1 small Aubergine, chopped finely
- 200g pouch Mixed Grains (Organic to the Root Quinoa Grain)
- 2 tbsp Sundried Tomato Paste- Sacla Sun Dried Tomato Paste
- Zest of 1 lemon
- Basil leaves, chopped



Method:

Step 1- Cut the tops off the peppers (keeping the tops to one side) and remove the seeds and any white flesh from inside. Use a small sharp knife to carve spooky Halloween faces into the sides. Chop any offcuts into small pieces and set aside

Step 2- Toast the pine nuts in a dry pan for a few minutes until golden and set aside. Heat the oil in the pan and heat the oven to 200C/180C fan/gas 6. Cook the onion in the oil for 8-10 mins until softened. Stir in the garlic, pepper offcuts and aubergine and cook for another 10 mins, until the veggies are soft. Add a splash of water if the pan looks dry. Season

Step 3- Squeeze the pouch of grains to break them up, then tip into the pan with the tomato paste. Stir for two minutes to warm through, then remove from the heat and add the lemon zest, basil and pine nuts

Step 4- Fill each pepper with the grain mixture. Replace the lids, using cocktail sticks to secure them in place, and put the peppers in a deep roasting tin with the carved faces facing upwards. Cover with foil and bake for 35 mins, uncovered for the final 10. The peppers should be soft and the filling piping hot

Recipe adapted from BBC Good Food

Spider Cookies

Ingredients

- 175 g Fate low protein all-purpose mix
- ½ teaspoon of baking powder
- 50 g Tesco free from white choc, broken into chips
- 50 g butter
- 25 g caster sugar
- 25 g soft dark brown sugar
- 50 g golden syrup
- 1 tablespoon cold water
- 400g fondant icing – choose your own colours



Equipment:

- Spider shaped cookie cutter

Method

Step 1 Preheat the oven to 180°C/160°C Fan/gas mark 4 and line 2 baking trays with baking parchment.

Step 2 Place the Fate low protein all-purpose mix, baking powder and white free from chocolate chips into a mixing bowl and stir to combine.

Step 3 With your fingertips rub in the butter to the mixture, until the mixture resembles fine breadcrumbs.

Step 4 Add the caster sugar and dark brown sugar and mix well.

Step 5 Pour in the syrup and stir to form a soft dough (add a little water if there are still crumbs in the bowl).

Step 6 Divide the dough into 10 equally sized pieces and roll into balls.

Step 7 Place each ball on the lined baking trays and press down lightly to flatten.

Step 8 Bake for 10 minutes until golden.

Step 9 Remove the cookies from the oven and leave on a wire rack to cool completely.

Step 10 Using the cookie cutter, cut out circles of the fondant icing, lightly pressing the spider cutter into the circle shape to make a spider shaped indentation.

Step 11 Lay the spider icing circle on top of each cookie.

Recipe from Vitafriends PKU

Spooky Brownies



Ingredients

For the brownies

- 3 x 25g Vitabite bars, broken into chunks
- 1 x 250g Fate Low Protein Chocolate Flavour Cake Mix
- 25g Soft margarine
- 120ml Prozero
- 1 teaspoon vanilla essence

For the icing glaze

- 1 cup of icing sugar
- 1 ½ tablespoons of Prozero
- ½ teaspoon of vanilla essence
- Googly eyes (optional)

Method

- Preheat the oven to 200°C / Fan 180°C/ Gas mark 6.
- Melt the Vitabite in a heatproof bowl over a pan of simmering water.

- Place the Fate Low Protein Chocolate Flavour Cake Mix into a mixing bowl. Add the margarine, prozero and vanilla essence.
- Using a whisk, mix well for 1 minute, then stir in the melted Vitabite.
- Pour the mixture into the lined cake tin.
- Bake for 20–25 minutes until risen.
- Remove from the oven and leave to cool for 5-10 minutes.

For the icing

- Mix the icing sugar, prozero and vanilla essence until it resembles a liquid consistency.
- With a spoon or piping bag create web designs with the icing and add googly eyes if needed

Recipe from PKU and My Family. Image to inspire your decoration of non-low protein Brownies by Martha Stewart

Scary Choc Chip Cookies

Ingredients

- 175 g Fate low protein all-purpose mix
- ½ teaspoon baking powder
- 50 g Vitabite chopped into chunks
- 50 g butter
- 25 g caster sugar
- 25 g soft dark brown sugar
- 50 g golden syrup
- 1 tablespoon cold water



Method

Step 1 Pre-heat the oven to 160°C fan/180°C/Gas mark 4 and line 2 baking trays with baking parchment.

Step 2 Place the Fate Low Protein All-Purpose Mix, baking powder and Vitabite chunks into a mixing bowl and stir to combine.

Step 3 With your fingertips rub in the butter, until the mixture resembles fine breadcrumbs.

Step 4 Add the caster sugar and dark brown sugar and mix well.

Step 5 Pour in the syrup and stir to form a soft dough (add a little water if there are still crumbs in the bowl).

Step 6 Divide the dough into 10 equally sized pieces and roll into balls.

Step 7 Place each ball on the lined baking trays and press down lightly to flatten.

Step 8 Bake for 10 minutes until golden.

Step 9 Remove the cookies from the oven and leave on a wire rack to cool completely.

Step 10 Decorate your cookies with some scary designs

Recipe from Vitafriends PKU. Image to inspire your decoration of non-low protein Cookies from Pinterest