

SPOOKTACULAR RECIPES



Healthworks
the community health charity

In this recipe book we've included some quick, cheap and easy Halloween themed recipes you can make with your family.

**We hope you have fun
trying them out!**

Don't forget to substitute any ingredients you are allergic to.



Spiced Pumpkin Soup

What you need:

- 40g Low Fat Spread (optional)
- 1 Onion Chopped
- 1 Stick of celery chopped
- 675g diced pumpkin/butternut squash
- 1 teaspoon curry powder
- 2 pints vegetable stock
- Season to taste with herbs of choice

How to prepare:

1. Spray pan with oil
2. Add the onions, celery, pumpkin or butternut squash and sweat for 5 minutes
3. Add the stock and bring to boil.
4. Stir in the curry powder and cook for 1 minute.
5. Simmer for about 45 minutes.
6. Puree with a food blender and serve



Ghost Pitta Pizzas

What you need:

- Pitta bread or bread buns (cut in half)
- Tomato Puree
- Sliced mozzarella cheese
- Small pieces of black olive (for eyes)

How to prepare:

1. Take bread and spread with tomato puree
2. Place a slice of mozzarella onto bread
3. Make a face for your ghost with the chopped black olives.
4. Cook in the oven for 10 minutes at 200/220c or Gas mark 7.



Celery Mummies

What you need:

- Celery
- Reduced fat
- soft cheese
- Grated cheese
- Currants or raisins

How to prepare:

1. Cut celery into 6cm lengths.
2. Fill the celery with soft cheese, rounding it off at the top.
3. Take the grated cheese and arrange along the celery stick to look like bandages.
4. Finish off with 2 currants for eyes.



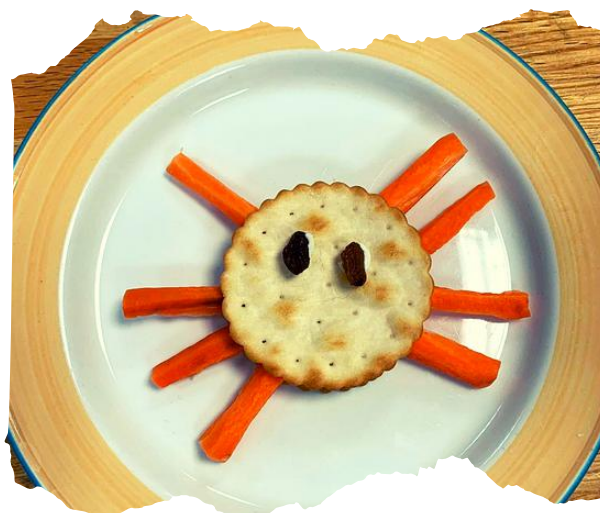
Cheesy Spiders

What you need:

- 2 small crackers
- 1 tablespoons of soft cheese
- 2 raisins
- 1 carrot or 4 pretzel sticks

How to prepare:

1. Spread 1 tablespoon of soft cheese onto a cracker and place another one on top to make a sandwich.
2. Cut a carrot into 8 pieces and insert them into the sandwich to make legs .
4. Use a dab of cheese place raisins onto cracker to make eyes.



Mummy Muffin Pizzas

What you need:

- 1 English muffin
- 1tbsp Tomato puree
- 1 Black olive
- Cheese (cut into thin slices)

How to prepare:

1. Cut the muffin in half and spread on tomato puree
2. Slice the cheese thinly into strips
3. Cut the black olive in half and place on top of cheese as eyes
4. Place in a preheated oven on 180 degrees for 8-10 minutes – until cheese has melted



Gingerbread

What you need:

- 300g self-raising flour
- 2 tsp ground ginger
- 100g caster sugar
- 50g low fat spread
- 3 tbsp. golden syrup
- 4 tbsp. milk

Heat oven to Gas Mark 3 or 160 degrees C

How to prepare:

1. Place flour & ginger into a bowl.
2. Warm sugar, low fat spread & syrup together.
3. Add dry ingredients and stir well
4. Add milk and mix to a firm consistency, turn out and knead lightly with hands.
5. Roll out and cut out with a cutter.
6. Place on baking tray and cook for 10-15 minutes, allow to cool before serving.



Boo-nanas and Pumpkins

What you need:

- 1 Banana (peeled and cut in half)
- 3 chocolate chips or raisins
- Satsumas
- Celery stick (washed and chopped into little sticks)

How to prepare:

1. Peel and cut banana in half
2. Press chocolate chips/raisins in to banana
3. Peel satsumas
4. Wash and chop celery stick
5. Cut into small 2inch fingers and slip in the middle of the satsuma to act as a stalk



Pumpkin Cake

What you need:

- 300g self-raising flour
- 300g light muscovado sugar (brown sugar)
- 3 tsp mixed spice
- 2 tsp bicarbonate of soda
- ½ tsp salt
- 4 eggs, beaten
- 200g butter, melted
- 500g (peeled weight) pumpkin or butternut squash flesh, grated

Optional

- Zest 1 orange
- 1 tbsp orange juice
- 175g sultanas optional



Pumpkin Cake

How to prepare:

1. Heat oven to 180C/fan 160C/gas 4.
Butter and line a 30 x 20cm baking or small roasting tin with baking parchment.
2. Put the flour, sugar, spice, bicarbonate of soda, sultanas (if using) and salt into a large bowl and stir to combine.
3. Beat the eggs and stir into the melted butter.
4. If using, grate orange zest and squeeze out the juice, add to the egg and butter mix.
5. Mix with the dry ingredients till combined. Stir in the grated pumpkin.
6. Pour the mixture into the tin and bake for 30 mins, or until golden and springy to the touch.



For more ideas, inspiration and information about our work and how you can get involved, visit **www.healthworksne.org.uk**



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