



healthy halloween

RECIPE PACK



It is nearly Halloween and every shop seems to be jammed full of lollies, chocolate and not so healthy foods. And your kids are probably saying "Mum can I get those?"

Halloween can be a fun time of year with families dressing up and enjoying sweet treats but if you don't want to be the fun police then we've put together some healthy recipes that will let you and your kids get into the Halloween spirit but also show the family that fun can be healthy too.

HALLOWEEN SPIDER



Ingredients

- 1 large peach per spider being made
- small cup of blueberries
- some toothpicks for the legs
- 1 tsp of cream cheese per spider
- a few raisins for the eyes

Method

1. Create four holes on each side of the peach. Insert blueberries onto the toothpicks. Pop one of the toothpicks into the peach and a second toothpick into the last blueberry of the previous toothpick.
2. Repeat for the rest of the legs so you have 8 legs in total.
3. Then dot some cream cheese on the peach for the eyes and pop a raisin in each blob of cream cheese.
4. Make sure you supervise young children due to the toothpicks in this recipe





SCARY MONSTER TEETH

Ingredients

- 2 large apples
- nuts of choice – we used slivered almonds
- peanut butter (you could also use almond butter)

Method

1. Cut apples into slices, then spread peanut butter onto the apple slices to join the apples together to form the mouth.
2. Insert the nuts to act as scary teeth.



WEB PIZZA

Ingredients

- 1 cup self raising flour (plus extra for kneading)
- 1 cup Greek yoghurt
- 1 cup tomato passata
- sliced cheese
- olives (optional)

Method

1. Combine the flour and yoghurt in a large bowl and bring together with your hands.
2. On a floured surface, knead the dough for around 5 minutes until it feels stretchy. Add a little more flour if it seems too wet.
3. Use a floured rolling pin to roll the dough out.
4. Spread with tomato passata and cut cheese into smaller strips to create a spider's web pattern on the pizza.
5. Bake for 10-12 minutes in a 180C oven until the cheese has melted.
6. Get creative and use olive halves and slices to create scary spiders.



PUMPKIN & GHOSTS

Ingredients

- Mandarins
- Bananas
- Celery
- Rasins



Method

1. Peel the mandarins and remove any excess pith. Slice celery into skinny strips, and insert into the middle of each mandarin.
2. Peel and cut the bananas in half. Push two raisins into the banana for eyes and one for the mouth.



CAPSICUM LANTERNS

Ingredients

- Capsicums
- Mixed salad
- Shredded cooked chicken

Method

1. Cut faces into the side of the capsicum as you would a pumpkin using a small sharp knife.
2. Cut the lids off the capsicum. Remove the seeds inside. Stuff with salad mix and top with the shredded chicken.





HOW TO HAVE A FUN & HEALTHY HALLOWEEN

- Get the kids involved with preparing some of these healthy treats to enjoy at home or to share with 'Trick-Or-Treaters' who come to your door.
- Get creative with the kids and give them a challenge to create costumes using dress-ups, old clothes and craft items you have at home. They can make scary monster masks, use an old sheet for a ghost, make some black cat ears and stick to a headband etc. You don't need to spend lots of money to make fun costumes.
- Take the family for a walk in your homemade costumes and get everyone active. You don't need to knock on doors asking for lollies, you can just walk around your neighbourhood and community and see what other scary characters you find along the way. Then when you get home you can share some of the healthier treats you've made from our selection of recipes.



It wouldn't be Halloween without some sweet treats, so we've put together some of our favourite, healthy chocolate recipes that the kids will love and can help you to prepare. These treats also make great options to hand out if you get any "Trick-or-Treaters" at your door.



CHOCOLATE COCONUT ENERGY BARK

Prep Time: 70 mins

Ingredients (Makes 4 serves)

- 1 tbsp butter
- 1 tbsp coconut oil
- 1 tbsp honey
- 1 tbsp cacao/cocoa powder
- 2 tbsp shredded coconut
- 2 tbsp chia seeds
- 1/4 tsp vanilla extract

Method

- Line a baking tray with baking paper.
- Melt the butter in a small pan over a low heat. Add coconut oil and melt. Add honey and stir well.
- Stir in cacao/cocoa powder, chia seeds, shredded coconut and vanilla.
- Pour mixture into prepared tray and use an off-set knife or the back of a spoon to spread mixture into a square. Place into the fridge for 1 hour until set.
- Slice into 8 pieces, 2 pieces is 1 serve. Store leftovers in an airtight container in the fridge or freezer.

CHOCOLATE CAKE BITES

Prep Time: 5 mins

Ingredients (Makes 10 serves)

- 1/2 cup pecan halves
- 1/2 cup medjool dates, fresh
- 2 tbsp cacao/cocoa powder
- 2 tbsp shredded coconut
- 1 tbsp coconut oil
- 1 tbsp boiling water

Method

- Place pecans, coconut and cacao into a food processor and process on high speed until fine.
- Add remaining ingredients, except the water, and blend on high until well combined. Add water a little at a time if necessary until the mixture sticks together.
- Roll mixture into 10 balls. Place in the fridge to chill or serve immediately.
- 1 ball is one serve. Store leftovers in the fridge for up to a week or in the freezer for up to a month.



DOUBLE CHOC MINI MUFFINS

Prep Time: 20 mins Cooking Time: 12 mins

Ingredients (Makes 5 serves)

- 1/2 cup plain wholemeal flour
- 1 teaspoon baking powder
- 1/3 cup reduced-fat milk of choice
- 3/4 teaspoon apple cider vinegar
- 1 whisked free-range egg
- 3 teaspoons cacao/cocoa powder
- 2 tablespoons coconut sugar
- 2 tablespoons dark chocolate bits

Method

- Preheat oven to 180C. Grease 10 holes of a mini muffin pan.
- Combine vinegar and milk, set aside (allow it to curdle and turn into buttermilk).
- Add flour, baking powder, sugar and cacao in a mixing bowl and combine well.
- Add whisked egg and milk/vinegar mix and mix gently until thoroughly combined.
- Fold through chocolate bits.
- Divide evenly into prepared muffin tray and bake for approximately 12 minutes until firm on top.
- Two mini muffins is one serve. Leftovers can be stored in an airtight container in the fridge for 2-4 days or freeze individually and defrost as required.



DARK CHOCOLATE COCONUT ROUGHS

Prep Time: 185 mins

Ingredients (Makes 2 serves)

- 2 tablespoons shredded coconut
- 4 squares dark chocolate
- 1 & 1/2 teaspoons coconut oil
- 1 teaspoon dried cranberries

Method

- Place dark chocolate and coconut oil into a microwave-safe bowl and heat for 2 minutes (check every 30 seconds to ensure chocolate doesn't burn) or until chocolate has melted. Stir to combine.
- Add shredded coconut and cranberries and stir through.
- Line a tray with baking paper. Spoon teaspoon sized mounds of mixture onto baking paper (makes about 4-6 small roughs).
- Place tray into the fridge for 3 or more hours until set.
- Once set, divide roughs into 2 serves.

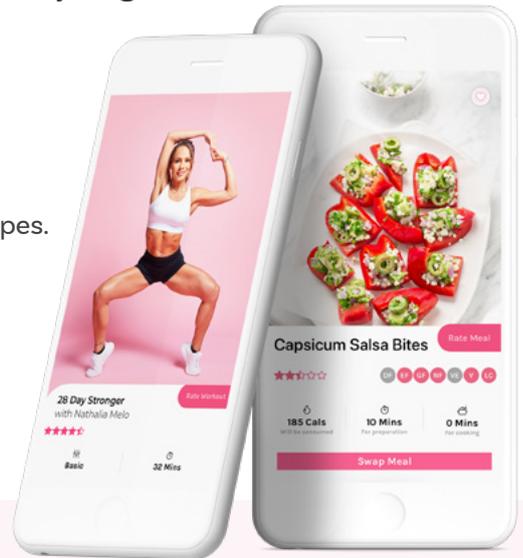
The Healthy Mummy App

Home to the 28 Day Weight Loss Challenge

The **Healthy Mummy App** is home to the **28 Day Weight Loss Challenge**. The app has more than 30 amazing features and improvements! You can customise your meal plans, access shopping lists, update your measurements, take progress photos, read healthy tips and daily exercise plans, and more.

The time-efficient, at-home exercise programs are busy-mum-friendly and take into account your fitness levels, supporting you as you reach your goals.

- ✓ **Weekly meal plans** which are fully customisable.
- ✓ **Instant access to more than 4000** budget- and family-friendly recipes.
- ✓ **Healthy Mummy Coach** to keep you motivated and on track!
- ✓ **Daily 30-minute** fully instructed fitness programs.
- ✓ **Achievable programs** made for busy mums.



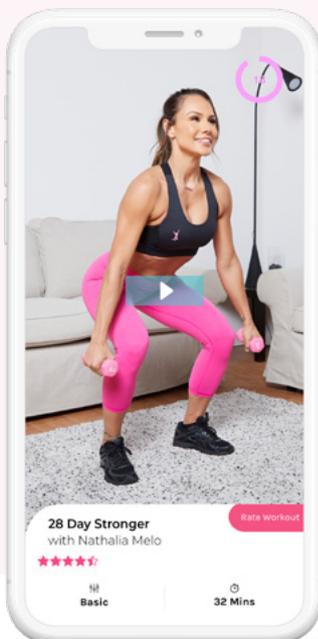
The Healthy Mummy Exercise Programs

- Fully instructed** 30-minute video exercise programs.
- Includes** strength training, cardio, full body and pilates.
- No equipment required** – work out from home!
- All levels available** from postnatal to advanced.

The Healthy Mummy Coach

- A new empowering message** each day on your home screen!
- Tips, facts and inspiration** to motivate and keep you on track.
- Keeps you **motivated** and accountable.
- Only available** in The Healthy Mummy App.

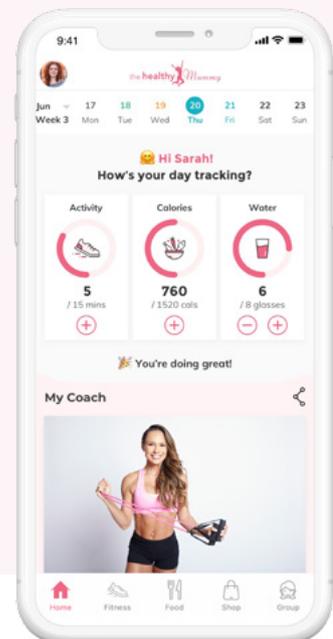
✓ At-home fitness



✓ Customisable meal plans



✓ Daily motivation



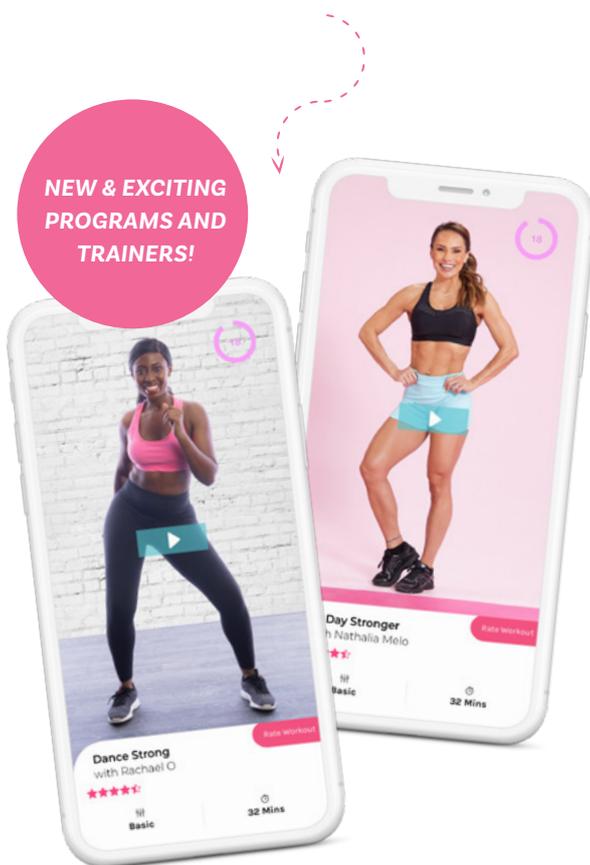
LOSE 4-6KG BY CHRISTMAS! JOIN THE 28 DAY WEIGHT LOSS CHALLENGE [HERE](#)

Exercise Programs

Available on the 28 Day Weight Loss Challenge

The **28 Day Weight Loss Challenge** has more than **350 exercise programs** plus full-length guided workouts that can be completed anywhere, anytime – all available in our amazing **Healthy Mummy App**. The programs have been designed by our team of expert personal trainers just for mums to do at home, even when the kids are around. The exercise sessions are no longer than 30 minutes and are available in a variety of levels: Postnatal, Beginner and Intermediate.

We have **exciting new** fitness programs and trainers on the **28 Day Weight Loss Challenge**... **Plus** a major revamp of all our existing trainers, offering a variety of programs to suit any mum at any level! Here's what's coming!



★ **BRAND NEW 28 DAY STRONGER PROGRAM**

Our Super Trainer and mum-of-two Nathalia Melo will guide you through a workout program designed to build strength!

★ **BRAND NEW 28 DAY DANCE STRONG PROGRAM**

Our amazing Rachael Okesola is a certified dance and aerobics fitness instructor, involved in the health and wellness industry for more than seven years. The workouts are fun, upbeat and a great combination of cardio and strength.

★ **BRAND NEW 28 DAY POWER YOGA PROGRAM**

Your own personal yoga trainer and mum-of-two Shauna Hawkes specialises in teaching a powerful vinyasa yoga. Her teaching is authentic and strong. Shauna's aim is to balance the mind, body and spirit in each practice.

MEET OUR NEW TRAINERS...



RACHAEL OKESOLA



SHAUNA HAWKES



NATHALIA MELO

Real Stories. Real Mums. Real Results.

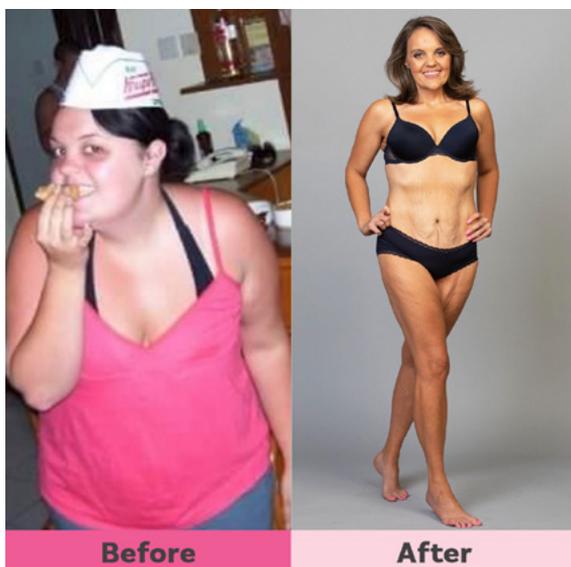


Nic LOST 60kg!

Nic believes she owes her life to The Healthy Mummy and has lost an AMAZING 60kgs! After a marriage breakdown and feeling like she couldn't look after her kids let alone herself, she found The Healthy Mummy and transformed her whole life! Her marriage is even back on track! She says: "The menu plans help keep me on track and the exercises at my fingertips are great for the days when I can't get out of the house. But it's also more than that. It's a community of support, motivation, inspiration and friendship. There's nothing out there like it. The Healthy Mummy is more than just a weight loss program, it's a lifestyle."

Heidi LOST 70kg!

Heidi has halved her body weight with The Healthy Mummy and transformed her mental and physical health! Going from unhappy and hating herself to LOVING life! Heidi may have lost an INSPIRATIONAL 70kgs but what she has gained is so much more! She says "I really can't put in to words how much The Healthy Mummy has helped me change the way I think about my body. I am confident and happy and people can see it. I'm loving everything about my body now. Thank you Healthy Mummy!"



Bec LOST 50kg!

Mum of 5 Bec has lost 50kgs and is now on her way to becoming a Personal Trainer! Bec found The Healthy Mummy TEN years ago and credits the healthy lifestyle she has developed since for helping her not only stay healthy but also keep her family on track! Bec says: "The Healthy Mummy has made it so easy to keep the weight off and inspired me to live a healthy lifestyle not only for myself but also my family."

THE HEALTHY MUMMY SMOOTHIES



FIBRE & DIGESTION

With **2.4g⁺** of fibre per serve from six different sources, our smoothie will help to keep you feeling full for longer.



OMEGA 3 & 6

Flaxseed contains both omega-3 and omega-6 which are healthy fats and are important to your overall health.



NUTRIENTS & AMINO ACIDS

Quality ingredients including vitamins A, B & C, zinc, iron, calcium phosphorus, protein, omega-3 and omega-6 fatty acids and fibre.



PROTEIN

21.7g⁺ of complete protein per serve from non-GM soy protein that helps build lean muscle.



NO NASTIES

No artificial sweeteners, preservatives or caffeine.



STAY FULL FOR LONGER

Soy protein, pumpkin seed meal and fibre help provide a feeling of fullness. They assist with weight loss* and moving things along.



NO ADDED SUGARS

*When vanilla flavour is made up with skimmed milk as directed.
 **When used in conjunction with a diet reduced in energy and including regular exercise.
 Serving suggestion shows smoothie made up of vanilla smoothie, skim milk and berries.

9/10 MUMS
 say they got better results when using the
SMOOTHIES
 while completing the
28 DAY WEIGHT LOSS CHALLENGE

The Healthy Mummy Smoothie is a meal replacement weight-loss smoothie. It has been formulated by leading nutritionists to be the perfect companion to a busy mum's life when trying to lose weight. Each flavour is an excellent source of essential vitamins, minerals, nutrients and important antioxidants.

- ✓ Healthy weight loss meal replacement
- ✓ Nutrient dense with 22 vitamins and minerals
- ✓ Free from fillers, caffeine and added sugar
- ✓ Plant based protein
- ✓ Created by a team of expert nutritionists
- ✓ High in protein and fibre
- ✓ Dairy free
- ✓ 20 Serves per tub

Available in

Chocolate • Strawberry • Vanilla and many more flavours!

PURCHASE THE HEALTHY MUMMY SMOOTHIE [HERE](#)