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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Yummy Halloween Treats

By Susanne Myers

Other than dressing up in costumes, Halloween is all about yummy treats. Of course you are not limited to just candy when it comes to Halloween food. Here are some great snack and meal ideas. These are perfect for a Halloween party, or as a way to enjoy the excitement as you count down to the big day.

Ghostly Sandwiches

Fix your favorite sandwich on white bread. One of our favorites for these ghostly sandwiches is a turkey and cheese sandwich with just a touch of mayonnaise (all white ingredients for a spooky white ghost). Fix the sandwich as usual, then use a ghost cookie cutter to cut it into ghost shapes. If you don't have a ghost cookie cutter, you can cut the ghost freehand or make a simple pattern out of cardboard or wax paper to use as a guide.

Bat Cookies

Make a batch of your favorite sugar cookie dough, or use a pack of refrigerated dough from your grocery store. Roll out the dough and cut out bat shapes. Use a bat-shaped cookie cutter, or cut them freehand.

Melt some dark chocolate and brush it on the bat cookie. Of course you could also dip one side of the cookie in the melted chocolate and set the cookies on some wax paper until the chocolate has a chance to harden. After that they are ready to eat or store in an airtight container.

Jack-O-Lantern Tortilla Wraps

Start with a plain flour tortilla. Spread some pimento cheese on it, or layer some sliced ham and shredded cheddar cheese on there. Anything orange works well. Wrap the tortilla tightly, then cut it in ½ inch slices. Lay each of the slices on its side and use some nuts, raisins or small pieces of veggies (like yellow or red peppers) to make the eyes and mouth of your little Jack-O-Lantern tortilla Wrap.

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Pumpkin Pizza

Start with your favorite pizza dough or a ready-made crust. Top it with pizza sauce and your favorite toppings. Add a layer of cheddar cheese on top. Then use slices of green pepper to make the ridges of the pumpkin - you'll arrange them in () shapes around the pizza pan. Use pepperoni slices or red and yellow pepper slices to form the jack-o-lantern's face. Bake as usual.

Would you like to quickly make creative Halloween costumes that you and your children will be proud of — for a fraction of the price of store-bought? Susanne Myers has co-authored a book to show you how — no sewing involved. Visit

<http://www.ILoveHalloweenCostumes.com>

to learn more.

Fun & Healthy Halloween Treats

By Sherri Allen

Fun & Healthy Halloween Treats by Sherri Allen

It's almost time for Halloween. Little ghosts and goblins will be running through neighborhoods across the country, going door-to-door, calling out the same three words, "trick or treat!" Of course, they'll be hoping for and expecting treats. This year, instead of handing out the usual candy treats, consider trying an alternative. Here are some Halloween treats the children will enjoy that won't leave them bouncing off the walls:

- * Small bags of pretzels or chips
- * Mini-bags of microwave popcorn
- * Fruit-Roll Ups
- * Fruit juice snacks
- * Small packages of nuts or sunflower seeds
- * Individually wrapped beef jerky or Slim Jims
- * Snack-size graham crackers, animal crackers or Goldfish crackers

You could even consider non-food items. Here are a few:

- * Stickers — kids love stickers

Yummy Halloween Treats

- * Halloween (or other cool, colorful) pencils
- * Plastic whistles
- * Spider rings
- * Brightly-colored toothbrushes or flavored dental floss

Be creative and help the children in your neighborhood have a healthier Halloween!

Sherri Allen is the editor of SherriAllen.com, an online publication devoted to topics such as family, food, garden, house & home, and money. For great articles, information, tips, recipes, reviews and coloring pages, visit

www.sherriallen.com



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