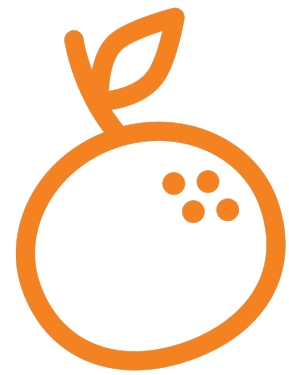


Healthy Halloween Treat Recipe



Yield: 24 1-inch pieces

Ingredients

- 1 1/2 cups almonds or raw sunflower seeds,
processed in a food processor for about 30 seconds
- 1 1/2 cups dates, pitted
- 1/2 cup oat bran
- 1/2 cup shredded unsweetened coconut
- 1/2 cup almond butter or sunbutter
- 1/2 cup cocoa powder
- 1/2 cup cane sugar
- 1/4 cup honey
- 1/2 teaspoon vegetable oil

Instructions for Adults

Assist children with safe use of the food processor.

Instructions for Kids

- Measure and place all the ingredients in the food processor.
- Blend until well-incorporated into a sticky but firm mixture. Remove from the processor and spread onto an 8x8 inch baking pan to about 1-inch thick.
- Refrigerate overnight.
- The next day, you can cut them into squares like snack bars, or use miniature cookie cutters to cut them into fun shapes.

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