

# Healthy Halloween Treats



I used to celebrate Halloween with candy, baked goods, cider – a complete sugar overload.

Now that I know how toxic sugar is, I can't in good conscience eat that stuff the way I used to.

But that doesn't mean I don't celebrate...

Halloween is still my favorite holiday!

Here are some recommendations for healthy Halloween treats the whole family can enjoy.











I hope these recipes inspire you to eat healthy this holiday.

Do you have other ways to make Halloween healthy?

Let me know – I'd love to hear them ☐

Cheers,

*Zola*

*P.S. Halloween is the first of many food holidays coming up. If you struggle with gaining weight over the holidays, call us at 800-255-9853. Avoiding the no-no foods can be tough, but it's easier when you have a plan.*