



4 DELICIOUS & EASY

Halloween Recipes

THAT ARE RAW VEGAN

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RAW VEGAN WITCH FINGERS

Ingredients

Witch fingers

- 1-1/2 cups raw soaked nuts (pecans or walnuts are best, but any will do)
- 10 almonds for fingernails
- 1 cup pitted dates
- 1 dash sea salt
- 1 tsp vanilla

Strawberry purée

- 1 cup strawberries
- 1 tsp soaked chia seeds
- Optional: beet juice or powder for a deeper red

Directions

- Soak nuts overnight and rinse, then peel almonds.
- Purée strawberries and chia seeds to a sauce, then refrigerate to set.
- Put witch finger ingredients into a food processor and blend to a dough-like consistency.
- Roll dough into finger-sized logs.
- Shape into crooked fingers.
- Make slight indentation at tip for nail bed.
- Put some strawberry purée in each nail bed and top with peeled almond half for each nail.



RAW VEGAN SPOOKY EYEBALLS

Ingredients

Spooky Eyeballs

- 1 cup almond meal
- 1-1/4 cup unsweetened shredded coconut
- 1/4 cup coconut oil
- 1 tbsp coconut nectar (or other healthy liquid sweetener)
- 1/4 cup filtered water

Strawberry purée

- 1 cup strawberries
- 1 tsp soaked chia seeds
- Optional: beet juice or powder for a deeper red

Directions

- Place eyeball ingredients into a food processor fitted with the S blade and process until ingredients form a sticky ball.
- Pour the mixture into a small bowl and place in fridge for about 30 minutes (or until firm).
- Remove from fridge and form mixture into small balls.
- Add blueberries, cacao nibs, or chocolate chips for pupils.
- Use strawberry purée to paint on red lines for bloodshot look.
- Keep refrigerated.



RAW VEGAN PUMPKIN FUDGE

Ingredients

- 30 fresh, pitted Medjool dates (392 grams before they're pitted)
- 1/2 cup raw almond butter (or organic, smooth peanut butter)
- 1/2 cup pure pumpkin purée (from can or raw pie pumpkin)
- 1/3 cup coconut oil, melted on very low heat
- 2 tsp pumpkin pie spice

Directions

- Place all ingredients in a food processor or high-powered blender and process until smooth.
- Line a loaf pan with parchment paper.
- Pour the mixture into the pan and spread evenly.
- Place the pan in the freezer for 3-4 hours in order to set.
- Lift the frozen fudge out with the parchment paper and cut into small pieces.
- Keep in freezer.



ZOODLE-STUFFED JACK O'PEPPERS

Ingredients

- 4 medium zucchini
- 6-8 colored bell peppers
- 4 medium vine-ripe tomatoes
- 2 cups cherry tomatoes
- 1 cup sundried tomatoes (preferably not in oil, if available)
- 2 green onions
- 1 tbsp fresh lemon juice
- 1 tsp thyme
- 1 tsp chopped parsley
- 1 tsp Himalayan pink salt or sea salt to taste
- 1/2 tsp oregano
- 1 small garlic clove or garlic powder to taste
- Optional: 1 soaked Medjool date

Directions

- Use a spiralizer to make noodles out of the raw zucchini.
- Sprinkle a bit of sea salt on the noodles and let sit for about 5 minutes, while making the sauce. This will help soften the noodles.
- Puree the remaining ingredients in a food processor or blender until they form a nice sauce.
- Rinse the noodles, drain well, and plate them.
- Pour the raw marinara sauce on top of the noodles, stir, and put into each jack o'pepper.