

7 ♡

DYE-FREE

Halloween Treats



Simple
Ingredients.
Kid-Approved.
Spooky & Fun!



CLEAN INGREDIENTS • FAMILY FAVORITES • REAL FOOD FOR REAL LIFE ♡



by Tiffany — @livlaughcook

Because every Halloween treat on the internet is bright blue — and my kids still want one.

Here are seven we actually make. A breakfast, a lunchbox, a no-cook snack, three treats and one bake — all of them dye-free, most of them done before the chocolate has finished setting.

What's Inside

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A few notes before you start

- **Melt low and slow.** Every recipe here leans on melted chocolate. Low heat, stir often, and take it off before you think it is ready — it keeps melting in the pan.
- **Colour comes from plants.** The orange on the apple pops is plant-based colour, not dye. Stir it in off the heat or the chocolate seizes.
- **Cold sets faster than patient.** Ten minutes in the freezer does what half an hour on the counter will not, and it is the difference between a clean dip and a smeared one.
- **Spooky, not perfect.** A crooked face and uneven legs look more like Halloween than a tidy one does. Let the kids do the faces.

The tools I actually use

- **Chocolate decorating pen** — Far steadier than a toothpick once you are past the third face. [See it on Amazon](#)
- **Decorating pen set with 4 tips** — Refillable, so the white and the semi-sweet never share a nozzle. [See it on Amazon](#)
- **Silicone skull molds** — Twenty cavities across two molds, so a batch sets in one go. [See it on Amazon](#)
- **Halloween cookie cutters** — The ghost in this set of five cuts the pizza-bagel mozzarella. [See it on Amazon](#)

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1 Jack O'Lantern Apple Pops

Apple slices on sticks, dipped orange, with faces piped on.

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INGREDIENTS

- ☐ 1 apple, washed and sliced into 4 pieces
- ☐ White chocolate, melted
Add a little coconut oil to make it more spreadable
- ☐ Dye-free plant-based orange food coloring
- ☐ Semi-sweet chocolate, melted
- ☐ Dye-free green candy
For the stem

You'll also need

- ☐ Popsicle sticks
- ☐ Toothpicks or a chocolate decorating pen

DIRECTIONS

- 1 Line a baking sheet with parchment paper.
- 2 Make a small slit in the bottom centre of each apple slice with a paring knife and push in a popsicle stick.
- 3 Stir the orange coloring into the melted white chocolate.
- 4 Spread the orange chocolate over each apple slice and press a green candy on top for the stem. Freeze 10 minutes to harden.
- 5 Pipe jack o'lantern faces in semi-sweet chocolate with a toothpick or decorating pen. Freeze another 10 minutes.

Tip. Stir the colour in off the heat. White chocolate seizes the second it meets liquid on a warm pan, and there's no bringing it back.

2

Witch's Broomsticks

String cheese, a pretzel and a chive. No cooking at all.

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INGREDIENTS

- ☐ Mozzarella string cheese
- ☐ Pretzel sticks
- ☐ Chives

DIRECTIONS

- 1 Cut each string cheese into thirds.
- 2 With kitchen scissors, cut fringes up one end of each piece, leaving the top third uncut.
- 3 Tie a chive around the uncut section and trim the loose ends.
- 4 Push a pretzel stick gently into the top. Don't force it — the cheese splits.

Tip. Fringe the cheese straight from the fridge. A warm stick tears instead of cutting, and the bristles come out ragged.

3

Spiderweb Pumpkin Pancakes

Pumpkin purée, cinnamon and maple, piped straight into a web in the skillet.

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INGREDIENTS

- ☐ 2 cups oat flour
- ☐ 1 tbsp baking powder
- ☐ 1 tsp salt
- ☐ 1 tsp cinnamon
- ☐ 1 tsp pumpkin pie spice
- ☐ 3 eggs
- ☐ ¾ cup milk
- ☐ ½ cup coconut oil
Plus extra to line the skillet
- ☐ ½ cup pumpkin purée
- ☐ 3 tbsp pure maple syrup
- ☐ 1 tbsp vanilla extract

You'll also need

- ☐ A piping bag or squeeze bottle

DIRECTIONS

- 1 In a large bowl, combine the dry ingredients: oat flour, baking powder, salt, cinnamon and pumpkin pie spice.
- 2 In a separate bowl, mix the wet ingredients: eggs, milk, coconut oil, pumpkin purée, maple syrup and vanilla.
- 3 Pour the wet into the dry and let the batter sit for 10 minutes to thicken.
- 4 Transfer the batter to a piping bag. Heat a skillet on medium-low with a little coconut oil.
- 5 Pipe a cross, then an X across it. Join the outer ends with small u-shapes to close the web, then do the same again closer to the centre.
- 6 Cook through, slide onto a flat plate, and repeat with the rest of the batter.

Tip. Pipe the cross first, then the X, then join the ends. If the batter runs instead of holding its line, give it another five minutes — oat flour keeps drinking as it sits.

4

Spider Cookies

Two sandwich cookies, eight pretzel legs, no baking at all.

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INGREDIENTS

- ☐ Sandwich cookies
Two per spider
- ☐ Pretzel sticks
Four per spider, snapped in half
- ☐ 1 cup semi-sweet chocolate chips
Melted with $\frac{1}{2}$ tsp coconut oil
- ☐ $\frac{1}{2}$ cup white chocolate chips
Melted with $\frac{1}{4}$ tsp coconut oil
- ☐ Halloween gummies

You'll also need

- ☐ Reusable cake pop sticks
- ☐ Toothpicks

DIRECTIONS

- 1 Line a baking sheet with parchment paper.
- 2 Lay one whole sandwich cookie down and push a cake pop stick into the bottom.
- 3 Twist a second cookie open. Spread melted semi-sweet chocolate on half the back of one side and press it onto the first cookie to build the body.
- 4 Snap four pretzel sticks in half and push them through the filling — three legs a side, two reaching forward. Freeze 10 minutes.
- 5 Dip the whole spider in melted semi-sweet chocolate and rest it on the parchment. Add a gummy to the front legs and freeze until set.
- 6 Pipe eyes and a mouth in white chocolate with a toothpick, then dot the pupils in semi-sweet.

Tip. Freeze the spider properly before the final dip. A cold cookie takes the chocolate in one clean coat; a warm one drags and you can see every leg join.

5

Ghost Cupcakes

A rolled-up piece of tin foil turns any cupcake into a crescent ghost.

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INGREDIENTS

- ☐ Cupcake mix
Whatever you already bake
- ☐ Vanilla frosting
- ☐ Milk chocolate, melted
A little coconut oil helps it pipe smoothly
- ☐ Dye-free gummy bats

You'll also need

- ☐ Silicone muffin liners
- ☐ Tin foil
- ☐ Toothpicks

DIRECTIONS

- 1 Line a muffin tin with silicone liners.
- 2 Fill the liners with batter, but not too high. Wedge a tightly rolled piece of tin foil against the side of each liner to push it into a crescent shape.
- 3 Bake and cool, then trim any edges that spread past the crescent.
- 4 Pipe vanilla frosting into a crescent ghost across the middle of each cupcake. Dot on eyes and a mouth in melted milk chocolate with a toothpick.
- 5 Add a gummy bat and two frosting dabs for arms.

Tip. Roll the foil tight and wedge it hard against the liner. A loose roll just gets pushed back by the batter as it rises, and you end up with a normal cupcake.

6

Strawberry Skulls

White chocolate skulls with a whole strawberry hidden inside.

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INGREDIENTS

- ☐ 1 bag (12 oz) white chocolate chips
Melted with 1 tsp coconut oil
- ☐ 10 strawberries, washed and stems cut off
- ☐ Cocoa powder
For dusting

You'll also need

- ☐ Silicone skull molds
- ☐ A food-grade dusting brush

DIRECTIONS

- 1 Line a baking sheet with parchment paper.
- 2 Dip each strawberry in the melted white chocolate — a toothpick makes this easiest — and set it on the parchment. Freeze 10 minutes to harden.
- 3 Pour about 1 tsp of chocolate into the bottom of each skull mold, press in a chocolate-coated strawberry, then top with more chocolate if you like. Freeze another 10 minutes.
- 4 Unmold, dust lightly with cocoa powder, and serve.

Tip. Dust the cocoa on after they come out of the mold, never before. It settles into the carved lines and that shadow is the whole reason they read as bone.

7

Ghost Pizza Bagels

Four ingredients, five minutes in the oven, and the easiest Halloween lunchbox there is.

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INGREDIENTS

- ☐ 2 mini whole wheat bagels, sliced in half
- ☐ 2 tbsp marinara sauce
- ☐ 1 block mozzarella cheese
- ☐ 1 tsp olive slices
For the eyes

You'll also need

- ☐ A ghost cookie cutter

DIRECTIONS

- 1 Preheat the oven to 350°F.
- 2 Dollop marinara sauce onto each bagel half.
- 3 Cut ghost shapes from the block of mozzarella with the cookie cutter and lay one on each bagel.
- 4 Bake 5 minutes, just until the cheese melts.
- 5 Add olive slices for eyes and serve.

Tip. Pull them the moment the cheese slumps. One minute longer and your ghost is a puddle — slicing the mozzarella a little thicker buys you more room for error.

Thanks for cooking with us.

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