

## Chocolate Dipped Pumpkin “Cheesecake” Pops

These devilishly delicious no-bake vegan treats will satisfy your sweet tooth. A special treat to celebrate the ghoulish season!

### INGREDIENTS

1 ½ cup (375mL) raw cashews, soaked overnight\*  
 ½ cup (125mL) maple syrup  
 1 cup (250mL) canned pumpkin puree (not pie filling)  
 ¼ cup (65mL) coconut oil, melted  
 1 Tbsp (15mL) pumpkin pie spice  
 ¼ tsp (1mL) salt  
 1 tsp (5mL) vanilla  
 24 candy skewers or thick wooden skewers  
 10 oz (283g) semi-sweet chocolate, chopped  
 ¾ cup (180mL) finely chopped pecans

### DIRECTIONS

Blend soaked/drained cashews in a food processor or high-powered blender until a smooth paste forms.  
 Add maple syrup, pumpkin, coconut oil, pie spice, salt and vanilla. Continue to blend until smooth.  
 Pour the pumpkin mixture into a pie plate. Place in the freezer for one hour, or until mixture is firm.  
 With a rounded tablespoon, scoop filling and form into balls. Place onto a sheet pan lined with wax paper and return to the freezer until very firm (at least one hour).  
 Melt chocolate in a heatproof glass bowl set over a pot of simmering water. Stir the chocolate gently until smooth then remove from heat.  
 Place chopped pecans onto a plate. Insert a skewer into the centre of each ball and dip into the chocolate allowing the excess to drip off. Dip the bottoms of each ball into the pecans then place back onto the sheet pan, pecan side down, skewer standing straight up.  
 Place all coated/dipped balls back into the freezer until ready to serve.

Source: Recipe adapted from [www.thesweetlifeonline.com](http://www.thesweetlifeonline.com)

## Pumpkin Spice Smoothie

A festive morning smoothie or a snack after a hard workout. Treat yourself to cool and creamy pumpkin pie in a glass!

### INGREDIENTS

½ cup (125mL) pumpkin puree  
 1 small ripe banana (frozen for extra creaminess!)  
 ½ tsp (2mL) ground cinnamon  
 ¼ tsp (1mL) ground ginger  
 Pinch ground nutmeg  
 1 scoop vanilla protein powder\*  
 ½ cup coconut milk  
 ½ cup (125mL) water  
 6 ice cubes

### DIRECTIONS

Place all ingredients into high-powered blender and blend until smooth. Pour into glass and sprinkle with cinnamon. Pop in a big straw and enjoy!

Serves 1

\*If using plain unflavoured protein powder, add ½ tsp (2mL) vanilla and 1 tsp (5mL) coconut sugar or molasses

Nutrition info unavailable.

Adapted from [www.joyoushealth.ca](http://www.joyoushealth.ca)

## Roasted Autumn Roots

Enjoy the fresh, local roots that are abundant at this time of year. Roasting vegetables is the autumn version of summer time grilling.

### INGREDIENTS

5 lb (2.27Kg) of assorted root vegetables: Sweet potato, butternut squash, shallots, onions, parsnips, carrots, celery root (aka celeriac), peeled and cut into chunks of approximately equal size  
 3 Tbsp (45mL) olive oil  
 1-2 Tbsp (15-30mL) chopped fresh herbs, (rosemary, thyme, sage)  
 or 1 ½ tsp (7mL) dried  
 1 tsp (5mL) sea salt  
 Few cracks of black pepper

### DIRECTIONS

Toss vegetables in a large bowl with olive oil and herbs. Spread onto a large rimmed baking pan and sprinkle with salt and pepper.  
 Bake for 45 minutes, or until tender and starting to caramelize, tossing every 15 minutes. Allow to cool for 5 minutes before serving.  
 Serve as a side dish or as a snack, crumbled with a little goat cheese and a sprinkle of toasted pumpkin seeds.

**Make it into a soup!** Place cooked veggies (hot or cold) into a food processor or blender and start by adding 2 cups of chicken or vegetable broth. Blend on high until smooth, adding more broth if needed to achieve a desired thickness. Re-heat the soup in a pot on medium and serve warm.

Serves 8

*Nutrition info unavailable.*

*Source: Tri Fit recipe collection*

## Trick or Treat Trail Mix

A healthy party mix or a hearty snack to munch on while the kids collect their Halloween goodies!

### INGREDIENTS

10 cups (2 ½L) plain popped corn\*  
 3 cups (750mL) oat square cereal or puffed rice squares  
 3 Tbsp (45mL) coconut oil  
 2 tsp (10mL) brown sugar  
 1 tsp (5mL) chili powder  
 ½ tsp (2mL) cinnamon  
 ½ tsp (2mL) sea salt  
 ¼ tsp (1mL) nutmeg  
 1/3 cup (80mL) pepitas (green pumpkin seeds)  
 1 cup (250mL) raw pecan halves or almonds  
 1/3 cup (80mL) dried cranberries  
 1/3 cup (80mL) diced dried apricots

### DIRECTIONS

Place half of the popped corn and cereal into a very large bowl. In a small saucepan melt coconut oil with sugar, chili powder, cinnamon, salt and nutmeg. Stir until sugar has dissolved.  
 Drizzle half of the coconut oil mixture over popcorn and quickly add in half of the pepitas, pecans, cranberries and apricots. Toss gently to coat well. In the same bowl repeat by adding the remaining popped corn, cereal, coconut oil mixture, pepitas, etc. Toss gently again, making sure the popcorn mixture is evenly coated.  
 Serve immediately or portion into portable bags for easy snacking.  
 Serves 15

\*For stovetop or air-popped popcorn, use 1/3 cup (80mL) kernels

*Nutrition info unavailable.*

*Source: Tri Fit recipe collection*