



EatLove

ENJOY THE TREATS, WITHOUT THE TRICKS.

Braving the course of a challenge can be tricky with all the food-centric holidays headed your way. We partnered with EatLove Nutritionist Ale Zozos to ensure you can enjoy Halloween without the guilt (and still keep your diet on-track!)



Does too much Halloween eating have you spooked? Between trick-and-treating, holiday office parties, and so much more...it can feel impossible to stay on track and avoid temptation. We collaborated with our **resident-recipe expert Ale Zozos** to gather some tips to stay accountable, and collaborate on some healthy, seasonal recipes to crave your sweet tooth.

- 🎃 **Check your relationship with food (ex. Halloween candy):** Do you find yourself eliminating candy from your diet except for the Halloween season or holiday? If so, try incorporating this once seasonal treat into your diet when you are interested in having a treat. The key to balancing your relationship with food is to understand that these foods exist all the time and with regular exposure to them have more control over your choices when they are available seasonally. Meaning, you hold the power over the treat instead of the treat having power over you.
- 🎃 **Enjoy and savor the real deal if that's what you want:** While "healthified" versions of your favorite snacks and treats can be found anywhere today, will that alternative satisfy your craving or leave you wanting more of the real thing? At the end of the day, a smaller portion of the real thing that you can enjoy and savor will leave you feeling more satisfied.
- 🎃 **Make your own homemade goods and treats:** If you want to be more in control of the ingredients in your Fall favorites, make your own with your favorite flour, milk, and sugar sources (eg. honey, maple syrup). While sugar is still sugar, and flour still flour, you have more control over the recipe if you want something with less sugar or another substitution to match your health goals.
- 🎃 **Add your treat to a balanced snack or meal:** The best guidelines to enjoy a regular treat is to pair it with more nutrient dense foods that you would find in a balanced meal or snack. Candy is candy, it's high in sugar and fat so make sure to pair it with fiber and protein to balance out sugar spikes. A crash is inevitable with high sugary foods and you may end up craving more because of it. With fiber and protein added to it, your blood sugar will be more balanced, and you will still enjoy your treat in moderation without the negative side effects.



PUMPKIN PANCAKES

⌚ Prep Time: 10 minutes

⌚ Cook Time: 10 minutes

INGREDIENTS

4 tablespoons pumpkin puree
2/3 cup gluten-free all purpose flour
1 teaspoon pumpkin spice
1 tablespoon maple syrup
2 dashes salt
1 teaspoon baking powder
½ egg
2/3 cup lactose-free milk
1 tablespoon avocado oil

SERVE WITH

1/2 cup lactose free yogurt
2 tablespoons maple syrup
2 tablespoons pumpkin seeds

METHOD

1. Combine pancake materials together until well combined.
2. Heat a pan lightly greased over medium heat. Add batter to cook, allowing bubbles to form. Check if bottom is golden brown and flip to cook other side. Repeat with remaining batter.
3. Serve with yogurt, maple syrup, and pumpkin seeds.



APPLE OATMEAL

- ⌚ Prep Time: 5 minutes
- ⌚ Cook Time: 5 minutes

INGREDIENTS

- 1 cup old fashioned rolled oats
- 2 cups milk
- 1 apple diced
- 1 teaspoon cinnamon
- ½ teaspoon vanilla extract
- ½ teaspoon honey
- 2 tablespoons sliced almonds

METHOD

1. Mix everything together except honey and almonds in a small pot. Place on stove and bring to a boil
2. Reduce heat to medium and cook for 5 minutes, stirring frequently.
3. Top with honey and almonds before serving.





APPLES, CINNAMON, AND YOGURT

- ⌚ Prep Time: 15 minutes
- ⌚ Cook Time: 5 minutes

INGREDIENTS

- 1 Granny Smith Apple
- ½ teaspoon brown sugar
- 1/8 teaspoon cinnamon
- 1 tablespoon oats
- 1 tablespoon raisins
- 1 tablespoon walnuts
- 3 ounces low-fat vanilla yogurt

METHOD

1. Cut apple in half lengthwise and use a spoon to remove the core. Hollow out a space at least 1 inch deep.
2. Thinly cut the round side of the apple halves to flatten them out. Place apple halves cut side up in a microwavable dish.
3. In a small bowl, combine sugar, cinnamon, oats, raisins, and walnuts. Add this mixture to the hollowed out spaces in the apples.
4. Cover the apples with plastic wrap. Fold back one edge ¼ inch to vent the steam. Microwave 3 to 3 ½ minutes until apples are soft. Remove from microwave and rest for a few minutes to cool down.
5. Top with yogurt and serve.



CRUSTLESS PUMPKIN PIE

- ⌚ Prep Time: 5 minutes
- ⌚ Cook Time: 45 minutes

INGREDIENTS

4 eggs
15 ounces pumpkin puree
1 cup evaporated milk
2 ¼ tablespoons sugar
1 1/8 tablespoons pumpkin pie spice
1 teaspoon vanilla extract
½ dash salt
½ teaspoon ground ginger
1 cooking spray

METHOD

1. Preheat oven to 400 degrees. Spray a pie pan with cooking spray and set aside.
2. Beat the eggs in a large mixing bowl. Add pumpkin, evaporated milk, sugar, and spices. Mix until smooth.
3. Transfer mixture into the pie pan and bake for 15 minutes.
4. Turn the oven down to 325 degrees, and bake for another 30 minutes or until the pie is set. When a knife is inserted in the center of the pie and comes out clean, the pie is ready!



PEAR RICE PUDDING

- ⌚ Prep Time: 5 minutes
- ⌚ Cook Time: 30 minutes

INGREDIENTS

- 4 tablespoons brown rice
- ½ cup water
- 1 cup almond milk
- ½ teaspoon cinnamon
- 1 cup canned pears drained
- 2 tablespoons almonds chopped

METHOD

1. Combine rice and water in a saucepan. Bring to a boil then reduce heat to simmer until rice is tender and the liquid has been absorbed, about 20 minutes.
2. Stir in almond milk and cinnamon and cook, stirring, for another 2 minutes.
3. Transfer rice pudding to a serving bowl and top with pears and almonds.





CHOCOLATE PEAR MUFFINS

- ⌚ Prep Time: 10 minutes
- ⌚ Cook Time: 25 minutes

INGREDIENTS

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|--------------------------|----------------------------------|
| 1 cup all purpose flour | 1 egg |
| ½ cup whole wheat flour | ¼ cup low-fat greek yogurt |
| 1 teaspoon baking soda | ¼ cup unsalted butter melted |
| 1 teaspoon baking powder | ¾ cup semi-sweet chocolate chips |
| ½ teaspoon salt | 3 pears peeled and finely diced |
| ½ cup sugar | |

SERVE WITH

- ½ cup lactose free yogurt
- 2 tablespoons maple syrup
- 2 tablespoons pumpkin seeds

METHOD

1. Preheat the oven to 375 degrees.
2. Mix together flours, baking soda, baking powder, salt, and sugar. Set aside
3. In another bowl, whisk egg, and then mix in yogurt, and butter until fully combined. Fold in chocolate chips and pears carefully.
4. Mix together the wet and dry ingredients until fully combined.
5. Grease muffin pan or use muffin liners, then add about 2 tablespoons of mix per mold. Divide any remaining batter amongst the molds.
6. Bake for 20-25 minutes until you can insert a fork and it comes out cleanly without any batter. Let the muffins cool for 5-10 minutes before serving.