

GLUTEN FREE  
& more

# HALLOWEEN RECIPES



SAVORY SNACKS  
TRICKS & TREATS  
GLUTEN-FREE HALLOWEEN CANDY  
& MORE!



THE TABLE OF

# CONTENTS

①	Pumpkin Everything!	3
②	All Hallows' Appetizers	10
③	Spooky Sweets	17
④	Tricks & Treats	24
⑤	To Die For Drinks	31
⑥	Safe Gluten-Free Halloween Candy	38

**PUMPKIN**

**EVERYTHING!**



# SUGARED ALMOND FLOUR PUMPKIN COOKIE DOUGH

## Ingredients

- 2¼ cups blanched almond flour
- ½ teaspoon ground cinnamon
- ¼ teaspoon fine sea salt
- ⅓ cup pure pumpkin puree
- 1 teaspoon pure vanilla extract
- ¼ cup peanut butter
- 2 tablespoons pure maple syrup
- Sugar for rolling\*
- Chocolate chips for stems

## Directions

- Add the almond flour, cinnamon, and salt to a large bowl and whisk to combine. Then add the pumpkin, vanilla, peanut butter, and maple syrup. Stir together to form a cookie dough.
- Using a tablespoon, scoop the batter and roll into balls. Place the bites in the freezer for approximately 30 minutes, then roll them into sugar.
- Make the pumpkin lines with a toothpick, place a chocolate chip on top, and serve immediately or store in the fridge.
- If the bites are too warm, the sugar will soak right in and lose the sugared look. They are best enjoyed immediately but can also be stored covered in the fridge.

\*Rolling the cookie dough bites in sugar is optional. They are still adorable without the sugared outer layer.

Makes 18 bites



## SAVORY

# PUMPKIN DIP

### Ingredients

- 1 (15-ounce) can cannellini beans, rinsed and drained
- 1 cup pure pumpkin puree
- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- 2 tablespoons gluten-free tamari
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 chopped green onion, for garnish
- 2 tablespoons roasted pumpkin seeds, for garnish
- Gluten-free crackers, for serving
- Vegetables, for serving

### Directions

- Combine beans, pumpkin, olive oil, lemon juice, tamari, paprika, and garlic powder in a food processor and process until smooth.
- Top with green onions and pumpkin seeds. Serve with gluten-free crackers and vegetables.

Serves 6-8





## NO-BAKE

# JACK O' LANTERN PIE

### Ingredients

- 1 (12-ounce) package gluten-free chocolate brownies
- 4 tablespoons melted butter or dairy-free butter
- 1 (8-ounce) package cream cheese or dairy-free cream cheese
- ½ cup powdered sugar (or a powdered sweetener of your choice)
- 1 teaspoon pure vanilla extract
- 1 (15-ounce) can of pure pumpkin puree
- 1 ½ teaspoons pumpkin pie spice
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt

### Directions

- Grind brownies in a food processor until fine crumbs. Measure out 2 cups and place in a mixing bowl with the melted butter. Stir until well combined and press into a 9-inch pie plate firmly. Refrigerate while making the filling. Save the rest of the crumbs to decorate the pie – save in a small food storage bag or other airtight container.
- In a mixer, combine the softened cream cheese, powdered sugar, and vanilla extract. Beat until smooth and fluffy.
- Add the pumpkin puree, pumpkin pie spice, ground cinnamon, and salt to the cream cheese mixture. Beat until all the ingredients are well combined and the filling is smooth. Pour into the pie crust and refrigerate for at least 4 hours.
- Decorate the top of the pie with the leftover crumbs in a jack o'lantern pattern.

Serves 8

**ALL HALLOWS'  
APPETIZERS**



# HALLOWEEN NACHOS

## Ingredients

- 1 small pumpkin
- 1 tablespoon unsalted butter
- 1 tablespoon gluten-free flour
- 2 (4-ounce) cans diced green chilies
- 1 cup milk, or more if needed
- 12-ounces grated Monterey Jack Cheese
- Kosher or fine sea salt and pepper
- 6 small or 3 large avocados
- 1 jalapeño pepper, seeded, deveined, and finely minced
- 1 small white onion, finely diced
- 3 Roma tomatoes, seeded and chopped, divided
- Juice of 2 limes
- 1 (12-ounce) bag corn tortilla chips
- 2 green onions, thinly sliced

## Directions

- Prepare the pumpkin by cutting off the top and scraping the seeds and strings out. Carve a hole for the mouth and sad looking eyes (the eyes can also be drawn with a black marker). Set aside.
- Melt the butter in a large skillet over medium heat. Whisk in the flour and cook for 1 minute. Add chilies and cook for another minute, stirring. Add the milk, increase heat to medium-high, and cook, whisking, until thickened, about 5 minutes. Remove from the heat and add the cheese, stirring until fully melted. Season to taste with salt and pepper.
- Cut the avocados in half, remove the seeds, and scoop the flesh into a mixing bowl. Mash with a fork. Add the jalapeño pepper, onion, and 2 of the diced tomatoes. Add the lime juice and stir. Season to taste with salt and pepper.
- Preheat oven to 350°F. Place the chips on a baking sheet and cook for 5 minutes or until warm. Pour the chips onto a serving platter. Reheat the cheese sauce over low heat, adding a little milk if necessary. Pour over the chips. Sprinkle the rest of the diced tomato and green onion over the top of the cheese. Position the pumpkin at one end of the chips. Spread the guacamole across the chips coming out of its mouth. Serve immediately.

Serves 8



# CAPRESE SKULL SKEWERS

## Ingredients

- Gluten-free nonstick cooking spray
- 8-ounces mozzarella pearls
- 24 cherry or grape tomatoes
- 24 fresh basil leaves
- Extra-virgin olive oil
- Kosher or fine sea salt
- Freshly ground black pepper
- Balsamic glaze

## Directions

- Preheat the oven to 350°F. Set silicone skull molds on a baking sheet. Lightly spray the silicone molds with cooking spray.
- Add a ball of mozzarella to each skull cavity. Bake for 6–8 minutes or until the cheese softens but is not melted. Use a couple of paper towels to press the softened cheese into the molds and absorb any liquid released from the cheese.
- Transfer the molds to the refrigerator and let chill for 8–10 minutes or until firm. Repeat with the remaining cheese balls until you have 24 skulls total.
- Cut a thin slice off the bottom of each tomato so they will stand up.
- Thread the skulls onto 3–5-inch skewers. Add a basil leaf and tomato, cut side down.
- Drizzle some olive oil on a platter and add a few pinches of salt and pepper. Arrange the skewers on the platter, drizzle with balsamic glaze, and serve.

Makes 24 skewers



# SPIDER DEVILED EGGS

## Ingredients

- 12 large eggs, hard-boiled
- 6 tablespoons mayonnaise
- 1 tablespoon butter or dairy-free butter, at room temperature
- 2 teaspoons yellow mustard
- ½ teaspoon Kosher or fine sea salt
- ¼ teaspoon freshly ground black pepper
- 24 small black olives

## Directions

- Cut the eggs in half lengthwise. Remove the yolks and place them in a small bowl.
- Mash the yolks with a fork until fine crumbs form.
- Stir in the mayonnaise, butter, mustard, salt, and pepper until smooth. Spoon the yolk mixture back into the whites.
- Cut the olives in half. Place one-half of an olive on each egg to form the body of a spider.
- Thinly slice the other halves into 8 slices each to create the spider legs. Place four legs on either side of the olive bodies. Store covered in the fridge until ready to serve.

Makes 24 deviled eggs



**SPOOKY**

**SWEETS**



# GRAVEYARD CAKE

## Ingredients

- Gluten-free non-stick cooking spray
- 4 large eggs
- $\frac{3}{4}$  cup vegetable oil
- $\frac{3}{4}$  cup water
- 1 box gluten-free chocolate cake mix
- 1 cup semisweet chocolate chips or dairy free chocolate chips
- 1 cup butter or dairy-free buttery sticks, at room temperature
- 2 cups powdered sugar
- 2 teaspoons pure vanilla extract
- 1 box gluten-free chocolate sandwich cookies
- 6-8 gluten-free vanilla wafer cookies

## Directions

- Preheat oven to 350°F. Spray a 9x12-inch baking pan with cooking spray.
- In a large mixing bowl, whisk together the eggs, vegetable oil, and water. Slowly add the cake mix while whisking. Continue to whisk for another 2 minutes. Pour batter into prepared pan and bake for 25-30 minutes or until a toothpick inserted into the center comes out clean. Let cool in pan for 10 minutes then flip onto a cooling rack to cool completely.
- Melt the chocolate chips in the microwave for approximately 90 seconds. Stir until smooth and glossy and let cool.
- Put the butter in the bowl of an electric mixer, preferably fitted with the paddle attachment, and beat until smooth. Add 1 cup of powdered sugar and beat well. Scrape down the sides of the bowl and add the remaining powdered sugar, beating well. Add the cooled chocolate and vanilla and beat until fully incorporated, scraping down the sides of the bowl as needed.
- Put the chocolate sandwich cookies in a food processor and process until you have fine crumbs. Flip the cake onto a flat platter, top side down. Spread with the frosting. Top with the cookie crumbs.
- Place the vanilla cookies to resemble headstones and decorate as desired.

Serves 10



# POPCORN BALLS

## Ingredients

- 10 cups popped popcorn (2 standard bags of microwave popcorn)
- Gluten-free nonstick cooking spray
- 10-ounces mini marshmallows
- ¼ cup butter or dairy-free butter
- Neon green food coloring
- 1 cup Halloween sprinkles

## Directions

- Remove any unpopped kernels from the popcorn. Spray a large mixing bowl lightly with cooking spray. Add the popcorn to the bowl.
- In a large saucepan, over medium-low heat, melt marshmallows and butter, stirring constantly until fully melted.
- Add enough food coloring to the marshmallow mixture to get a nice neon green color. Pour over the popcorn and stir until the popcorn is fully coated. Stir in the sprinkles.
- Spray your hands with cooking spray to prevent sticking. Take a handful of the popcorn at a time and form into balls. Let them cool, then display on a platter and serve or wrap in plastic wrap to store at room temp if making them ahead of time.

Makes about 10 (depending on size)



# TRUFFLE BATS

## Ingredients

- 2 (5-ounce) boxes gluten-free double chocolate chip cookies
- 6-ounces cream cheese, at room temperature
- 2 (10-ounce) bags chocolate melts, divided
- 24 mini chocolate chips
- 24 edible candy eyes

## Directions

- Put cookies in a food processor and grind them to crumbs. Add the cream cheese and pulse until fully combined. Roll dough into even-sized balls and refrigerate for at least 1 hour or until firm.
- Draw 24 bat wings on paper. Place under a sheet of wax paper. Melt one bag of chocolate melts, add to a small food storage bag and snip off a tiny corner. Fill the bat wings with chocolate – don't make too thin. Refrigerate for one hour.
- Melt the rest of the chocolate melts and one by one, dip the truffles into the chocolate, apply the bat wings, eyes, and mini chocolate chips to make the truffles look like bats. Refrigerate until fully hard.

Makes 12

**TRICKS**

**&**

**TREATS**





# COOKIE SLIDERS

## Ingredients

- 2 (6.3-ounce) boxes gluten-free vanilla wafers
- ½ cup powdered sugar
- ⅛ teaspoon kosher or fine sea salt
- ¾ cup semisweet chocolate chips or dairy-free chocolate chips
- ⅓ cup milk or dairy-free milk of choice
- ½ cup sweetened flaked coconut
- ½ teaspoon water
- 3 drops green food coloring
- White decorating icing
- Yellow food coloring
- 2 teaspoons melted butter or dairy-free butter substitute
- 1 tablespoon white sesame seeds
- Red decorating icing

## Directions

- Line a baking sheet with waxed paper.
- Save 48 wafers for the buns. Place the rest in a plastic food storage bag and crush with a rolling pin until finely ground. Place in a mixing bowl with the sugar and salt, and stir to combine.
- Combine the chocolate chips and milk in a microwave-safe bowl and microwave on high power for 45 seconds. Stir until smooth. Pour into the ground cookie mixture, stir until combined, and let cool 10 minutes. Roll the mixture into 24 (1-inch) balls, about 1 tablespoon per ball. Place on the wax paper-lined baking sheet. Flatten slightly to form into patties.
- Combine the coconut, water, and green food coloring in a small plastic food storage bag and shake well to color the coconut.
- Mix a few tablespoons of the white decorating icing with a few drops of yellow food coloring and mix until it looks like mustard. Place in a small plastic bag and snip off the tip.
- Brush the rounded sides of 24 of the cookies with the melted butter and sprinkle with sesame seeds.
- To assemble, place the 24 cookies without the sesame seeds on a serving platter, rounded side down. Top each cookie with one of the burger patties. Squeeze on a little of the yellow and red decorating icings to look like mustard and ketchup. Add a little green coconut on top and place the sesame seed cookies on top.
- Can be made a day ahead and stored, covered with plastic wrap, in the refrigerator.

Makes 24 cookies



# VEGGIE HALLOWEEN “CANDY”

## WITH RANCH DRESSING

### Ingredients

- 1½ cups mayonnaise or vegan mayonnaise
- ½ cup buttermilk or dairy-free buttermilk substitute
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon kosher or fine sea salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons chopped chives
- 3-pounds assorted chopped vegetables of choice
- 12 Halloween treat bags

### Directions

- Combine the mayonnaise, buttermilk, garlic and onion powders, salt, pepper, and chives in a small mixing bowl. Whisk until smooth. Cover with plastic wrap and refrigerate for at least 2 hours or up to 3 days. Serve in small bowls or mini treat bowls.
- Mix the vegetables together and divide among the treat bags. Refrigerate until serving time.

Serves 12



# CHEESE LOLLIPOPS

## Ingredients

- 6 (½-inch thick) slices mild cheddar cheese
- 6 (½-inch thick) slices provolone cheese
- Halloween shaped cookie cutters, such as ghosts and pumpkins
- 12 lollipop sticks

## Directions

- Using cookie cutters, cut out the cheese slices. Place on a parchment-lined baking sheet, cover with plastic wrap, and refrigerate until ready to serve. Just before serving, insert lollipop sticks into the bottom of each piece of cheese.

Makes 12 lollipops

TO DIE FOR  
DRINKS





# VAMPIRE SANGRIA

## Ingredients

- 1 blood orange or navel orange, sliced
- 1 red apple, diced
- 1 (12-ounce) bag frozen dark sweet cherries (do not thaw)
- 1 cup vodka
- 1 (750 mL) bottle red wine
- 1 cup sweet cherry juice
- ½ cup orange juice
- 2 cups sparkling water or lemon lime soda

Optional garnishes:

- Dry ice\*
- Orange wedges
- Bada Bing cherries or Maraschino cherries

## Directions

- Combine the sliced orange, apple, and cherries in a pitcher, add the vodka, and stir. Refrigerate for 30 minutes. Add the wine, cherry juice, and orange juice. Stir to combine and refrigerate until serving time. Just before serving, top with sparkling water or soda.

\*Important note about dry ice: Dry ice should never be consumed. If added to a drink, make sure the dry ice is fully dissolved (about 5 minutes for a 1-inch or smaller chunk) before drinking the cocktail. Never touch dry ice with bare hands.

Makes 6

\*\*Disclaimer: Always check with alcohol manufacturers first to find out if there is any gluten used in processing.\*\*



# SPIRIT LIFTER

## Ingredients

- 1 lime, zested and juiced
- 2 tablespoons coconut flakes
- 1 lime, cut into wedges
- Ice
- 2-ounces RumChata
- 2-ounces white tequila
- 1½ teaspoons triple sec
- Small piece dry ice\*

## Directions

- Place the lime zest and coconut onto a small plate. Cut slits in the lime wedges and run around the rim of a margarita glass. Dip the rim into the coconut-lime mixture to coat.
- In a large cocktail shaker, add ice, RumChata, tequila, triple sec, and 2 ounces lime juice. Shake to mix for 30 seconds. Pour into glass. Put a small piece of dry ice into the drink.

\*Important note about dry ice: Dry ice should never be consumed. If added to a drink, make sure the dry ice is fully dissolved (about 5 minutes for a 1-inch or smaller chunk) before drinking the cocktail. Never touch dry ice with bare hands.

Makes 1

\*\*Disclaimer: Always check with alcohol manufacturers first to find out if there is any gluten used in processing.\*\*



# BLOODY SHIRLEY

## Ingredients

- Drink syringes (can be purchased online)
- Red food writing gel
- Ice
- 6-8-ounces lemon-lime soda
- 1½ ounces grenadine

## Directions

- Drip some of the food writing gel on the inside of the glass to look like dripping blood.
- Fill the glass with ice. Then fill the glass about  $\frac{3}{4}$  full with soda.
- Fill a 1½ ounce syringe with grenadine. Squirt a little grenadine into the bottom of the glass. Place the partially filled syringe in the glass as a garnish and to add more grenadine if desired

Makes 1

**SAFE**

**GLUTEN-FREE**

**HALLOWEEN CANDY**

# SAFE GLUTEN-FREE HALLOWEEN CANDY



There are already plenty of spooks and scares during the Halloween season.

Gluten-filled candy shouldn't be one of them.

Here's a list of safe gluten-free candy, so you can get back to fearing ghouls and goblins instead!

## Ferrara Candy Company

Black Forest brand candies  
(Berry Medley Organic Fruit Snacks, Organic Gummy Bears, Organic Gummy Exotic Fruits, Organic Gummy Worms, Organic Halloween Fruit Snacks, Organic Holiday Gummies, Organic Jelly Beans, Organic Jelly Beans Filled Egg, Organic Sour Bunnies, Organic Sour Heads, Organic Sour Heads Little Monsters, Organic Sour Watermelon, Smoothie Fruit Flavored Snacks)

Ferrara also offers numerous products that are not comprised of gluten-containing ingredients but are not certified gluten-free. Please ensure labels are reviewed prior to consuming the following:

Atomic Fireballs  
Bob's Sweet Stripes  
Boston Baked Beans  
Brach's Candy Corn  
Ferrara Gummies and Jellies  
(Gum Drops, Orange Slices, etc.)  
Jawbreakers/Jawbusters  
Jujubes  
Jujufruits  
Lemonhead (Regular and Chewy)  
Now & Later  
Rain-Blo Gumballs  
Red Hots  
Sathers Cherry Sours & Gummies

## Ferrero North America

Butterfinger Bar (only Original in fun size, mini, singles, and share packs, and Butterfinger Bites)  
Raisinets

## Hershey's Chocolate

Almond Joy (many varieties)  
Heath Bars  
Hershey's Hugs  
Hershey's Kisses (many varieties)  
Hershey's Kisses Filled Chocolates (many varieties)  
Hershey's Milk Chocolate Bar  
Hershey's Milk Chocolate with Almonds Bar  
Hershey's Nuggets (many varieties)  
Milk Duds  
Mounds  
PayDay  
Reese's Fast Break  
Reese's Peanut Butter Cups (many varieties, excluding Reese's Shapes)  
Reese's Pieces (many varieties)  
Rolo Caramels in Milk Chocolate (many varieties)  
Skor Toffee Bars  
York Peppermint Pattie (many varieties)

## Jolly Belly Candy Company

Candy Corn  
Jelly Beans (all varieties, including licorice)

## Just Born Confections

Goldenberg's Peanut Chews  
Hot Tamales  
Mike and Ike  
Peeps

## Mars/Wrigley

Skittles  
Starburst Fruit Chews

## Smarties Candy Company

Rockets (only available in Canada)  
Smarties (all varieties, but note that some products with the Smarties brand are not manufactured by Smarties Candy Company; look for UPC number beginning with "011206" to be certain your product is safe)

## Tootsie Roll Industries

(As of May 2016, all of Tootsie Roll Industries' confections are gluten-free. The following is a list of popular candies made by the company.)

Andes  
Blow Pops  
Candy Blox  
Caramel Apple Pops  
Charleston Chew  
Charms Lollipops  
Charms Sour Balls  
Charms Squares  
Cry Baby  
DOTS  
Dubble Bubble  
Frooties  
Fruit Chew Pops  
Fruit Chews  
Junior Mints  
Nik-L-Nip

Razzles  
Sugar Babies  
Sugar Daddy  
Tootsie Pops  
Tootsie Rolls

## Spangler Candy

Candy Canes  
Circus Peanuts  
Dum Dums  
Saf-T-Pops

## Miscellaneous

Enjoy Life Candies  
Free2b Sun Cups  
Gimbal's  
Go Max Go (most varieties)  
Justin's Peanut Butter Cups  
Lovely Candy Company  
Pop Rocks  
Sjaak's Organic Chocolates  
SmartSweets  
Surf Sweets  
Sweet's Candy Company  
Tom & Jenny's  
Torie & Howard  
Unreal Candy  
Warheads (many varieties; excluding Sour Twists)  
YumEarth Organics  
Zollipops/Zaffi Taffy

**Disclaimer:** To the best of our knowledge, these products are considered gluten-free as of July 1, 2024. However, you are urged to check product labels and/or contact manufacturers to ensure a product is safe prior to consumption. Peanuts, tree nuts, milk, soy, and other allergens are not accounted for in this list. Some items which companies have claimed are gluten-free may have been processed in facilities that also process items that contain wheat. *Gluten Free & More Magazine* does not guarantee accuracy about what foods are safe or unsafe for an individual's diet and is not to be held liable for incorrect or missing data.