

Braces-Friendly Halloween Recipes

Enjoy Halloween fun with these howling-good treats that won't trick your braces.

Scary Jigglers

Adapted from the Kraft Foods Kitchen



Ingredients:

- ▶ 2 1/2 cups boiling water
(Do not add cold water)
- ▶ 2 pkg. gelatin *(any flavor, but we recommend Orange, Grape or Lime for Halloween)*
- ▶ Halloween-shaped cookie cutters*

Directions:

Stir boiling water into gelatin in large bowl 3 minutes until completely dissolved. Pour into 13x9-inch pan. Refrigerate at least 3 hours or until firm (gelatin does not stick to finger when touched).

Dip bottom of pan in warm water for about 15 seconds. Cut into 24 decorative shapes using 2-inch cookie cutters, making sure to cut all of the way through the gelatin to the bottom of the pan. Remove from pan. Store in tightly covered container in refrigerator.

Do Not Swallow Scary Jigglers Whole.

** If serving to small children, consider using smaller cookie cutters to make bites more manageable.*

Almond Sugar Cookie Cut-Outs

Cut this easy-to-assemble dough into ghost shapes for Halloween. Decorate with Super Easy Ornamental Frosting.

Ingredients:

- ▶ 1 cup butter *(softened)*
- ▶ 1 teaspoon vanilla extract
- ▶ 1 1/2 cups powdered sugar
- ▶ 2 1/2 cups flour
- ▶ 1 egg
- ▶ 1 teaspoon cream of tartar
- ▶ 1/2 teaspoon almond extract
- ▶ 1 teaspoon baking soda



Directions:

Cream butter and sugar until light and fluffy, then add the egg, vanilla extract and almond extract flavorings.

Combine the dry ingredients in separate bowl. Next, add the dry ingredients *(by 1/2 cup measurements)* to the butter/sugar mixture. Mix with a mixer on medium speed. Chill the dough for 2 - 3 hours or overnight, or "quick chill" in the freezer until very firm, for about 30 - 45 minutes.

To Bake:

Preheat oven to 375 degrees. Separate the dough into fourths and roll each section until it is about 1/8 - 1/4 inch thickness, and using a 2 1/2 inch ghost-shaped cookie cutter, cut into desired shape. Bake 7 - 9 minutes or until the edges just begin to brown.

Super Easy Ornamental Frosting

Ingredients:

- 16 oz. powdered sugar
- 3 tablespoons meringue powder
- 1/3 cup of warm water

Directions:

Combine all the ingredients and mix at medium speed until smooth. Spread the frosting on each cutout. For spreading consistency, thin icing by adding tablespoons of warm water. Please note: it doesn't take more than one or two tablespoons to thin the icing.

Ghost Eyes

Use a tube of chocolate cake decorator frosting, or small dabs of chocolate frosting on a knife point, to make ghost eyes.

Halloween Parfait

Ingredients:

- ▶ 3 boxes instant vanilla pudding
(enough to make 12 one-half cup servings)
- ▶ 1 teaspoon red food coloring
- ▶ 1/2 teaspoon yellow food coloring
- ▶ One 9-ounce package plain chocolate wafers
- ▶ 6 cups milk
- ▶ Chocolate syrup to taste
- ▶ One 8-ounce can mandarin oranges, drained



Directions:

Combine pudding mix and milk in large bowl as directed on the package. Refrigerate until firm. Crush chocolate wafers into crumbs, using a food processor, or put the wafers into a zip-lock bag and crush with a rolling pin.

Combine red and yellow food coloring in a small bowl. Stir into pudding thoroughly, until pudding is orange. Alternate layers of pudding with layers of chocolate crumbs in a parfait cup or glass for a total of three layers of pudding. Top each layer of crumbs with chocolate syrup to taste before adding the next pudding layer. Top each parfait with mandarin oranges and additional chocolate wafer crumbs.

Makes eight 8-ounce servings.