



Halloween treats & drinks

READY IN



50 min.

SERVINGS



10

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 100 g sugar
- ☐ 100 g butter
- ☐ 1 egg yolk
- ☐ 200 g flour plain
- ☐ 0.5 tsp vanilla extract
- ☐ 20 blanchd almonds and
- ☐ 85 g butter-flavored microwave popcorn
- ☐ 1 tbsp vegetable oil for shaping
- ☐ 25 g butter

- ☐ 85 g marshmallows
- ☐ 1 l pink lemonade kool-aid
- ☐ 1 l 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 3/4 juice of lime

Equipment

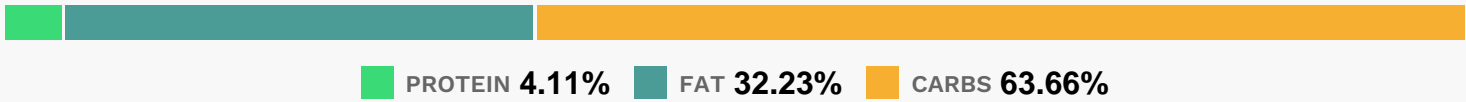
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ kitchen scissors

Directions

- ☐ For the freaky fingers, place the first five ingredients and a pinch of salt in a food processor and whizz just until a ball of dough forms. Tear off a golfball-size piece of dough and use your hands to roll into finger-size cylinders you should get about 2
- ☐ Place on a baking sheet lined with baking parchment a little apart as they will spread during baking. Use a knife to make a few cuts, close together, for the knuckles.
- ☐ Place an almond at the end of each finger and trim away excess pastry around the edge to neaten.
- ☐ Place in the fridge for 30 mins, heat oven to 180C/160F/Gas 4, then bake for 10–12 mins just until firm. Leave to cool a little, then paint the almond with food colouring, if you like. Makes 2
- ☐ For the brainballs, place the popping corn and vegetable oil in a large pan set over a medium heat. Stir the kernels around the pan to coat in the oil. When the kernels starts to pop, place a lid firmly on top and turn the heat down to low. Cook, shaking the pan often to stop the popcorn burning or sticking, until the corn has stopped popping, about 5 mins. Tip into a bowl, discarding any unopened kernels.
- ☐ Heat butter and marshmallows over a low heat until melted.

- ☐ Pour over popcorn and mix well until coated. Lightly rub oil over your hands and shape the popcorn into small balls. Set aside on a tray lined with baking parchment and leave to set.
Makes 1
- ☐ For the bloodthirsty squash, fill up a kitchen glove with water, secure the end with a freezer clip or rubber band and place in the freezer overnight. When ready to serve, stir together 1 litre each lemonade and cranberry juice with the juice 3–4 limes.
- ☐ Pour into a punch bowl.
- ☐ Remove the hand from the freezer and use scissors to carefully take off the glove.
- ☐ Place in the punch bowl and serve.
- ☐ Serves 10.

Nutrition Facts



Properties

Glycemic Index:49.08, Glycemic Load:40.13, Inflammation Score:-6, Nutrition Score:9.8665217860885%

Flavonoids

Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 9.15mg, Hesperetin: 9.15mg, Hesperetin: 9.15mg, Hesperetin: 9.15mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 429.19kcal (21.46%), Fat: 16.12g (24.81%), Saturated Fat: 8.2g (51.23%), Carbohydrates: 71.65g (23.88%), Net Carbohydrates: 69.53g (25.28%), Sugar: 41.56g (46.17%), Cholesterol: 46.31mg (15.44%), Sodium: 164.3mg (7.14%), Alcohol: 0.07g (100%), Alcohol %: 0.02% (100%), Protein: 4.62g (9.25%), Vitamin C: 40.55mg (49.15%), Vitamin E: 2.69mg (17.91%), Vitamin B1: 0.2mg (13.56%), Folate: 53.21µg (13.3%), Manganese: 0.26mg (12.9%), Selenium: 8.99µg (12.85%), Vitamin B2: 0.17mg (9.92%), Vitamin K: 9.87µg (9.4%), Phosphorus: 92.04mg (9.2%), Vitamin A: 452.55IU (9.05%), Iron: 1.6mg (8.89%), Fiber: 2.12g (8.48%), Magnesium: 33.8mg (8.45%), Vitamin B3: 1.64mg (8.18%), Copper: 0.16mg (8.16%), Potassium: 278.79mg (7.97%), Vitamin B6: 0.14mg (6.88%), Zinc: 0.64mg (4.24%), Calcium: 38.21mg (3.82%), Vitamin B5: 0.3mg (3.03%)