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**FOR IMMEDIATE RELEASE**

**HONEY TAKES THE “TRICK” OUT OF “TREATING” CHILDREN FOR A HEALTHIER HALLOWEEN**

**Natural Sweetener Provides Options for Party Snacks and Door-to-Door Goodies**

LANCASTER, Pa. – So what’s the trick to healthier Halloween treats? The answer may seem impossible: offer options to sugary snacks that are still sweet, gooey, and fun to eat. However, one of the best substitutes for processed sugar is Mother Nature’s natural sweetener – honey. This convenient ingredient yields treat alternatives that could provide a happy and healthy Halloween for the entire family.

The natural nectar’s versatility is unrivaled, and its nutritional attributes are very impressive. Honey is an unrefined food that contains a considerable number of vitamins and minerals, but doesn’t include additives or preservatives. Because it’s composed of simple sugars, honey has a minimal effect on glucose and insulin levels, which should prevent young ghosts and goblins from turning into little monsters.

For most children, Halloween conjures thoughts of showing off the ultimate hero costume, running from door to door at record speed, and collecting bags of sweet indulgences. Using the following tips and recipes from Dutch Gold Honey, parents can help kids enjoy the fun and food associated with this holiday, without compromising important nutritional needs.

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***Before the “Witching Hour”***

One of the best opportunities parents have to curb candy consumption is a pre-treat-eating meal. Whether it’s before trick-or-treating or prior to a Halloween party, children should sit down to a hearty dinner. Incorporating honey into the meal – as an ingredient in the main course or dessert – should conveniently diminish a child’s sweet tooth. Below are some quick-prep recipes for a pre-Halloween dinner.

***And They’re Off!***

Children generally separate their trick-or-treating route into two separate categories – people that give away “good stuff,” and people who hand out raisins. To avoid being labeled a “raisin person,” but still provide a well-disguised nutritious goody, use honey to create fun and easy treats. Unnecessary parental scares can be averted by wrapping each homemade item and labeling it with a name and phone number. The recipes below make tasty trick-or-treat goodies that are as easy to grab as candy.

***Throwing A Monster Bash***

Many have fond childhood memories of attending Halloween parties. From bobbing for apples to lining up for creative costume judging, kids love a good theme party. Parents can make fun-to-eat, gooey treats and still supply solid nutritional benefits to partygoers with the hauntingly good recipes below.

Dutch Gold Honey also recommends experimenting with the following recipes by using assorted floral varieties to create different flavors. As the country’s largest independent packer of premium honey, Dutch Gold offers 13 natural floral varieties, including unusual flavors such

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as Alfalfa, Buckwheat, Eucalyptus, and Sage. For more recipes or information on mail-order products, call Dutch Gold Honey toll-free at 1 800 338-0587 or visit the Web site at [www.dutchgoldhoney.com](http://www.dutchgoldhoney.com).

### **Before the "Witching Hour" Meal Recipes**

#### **Easy Ghostly Casserole**

3 c. cooked macaroni  
½ of a 14 ¼ oz. can diced tomatoes  
1 lb. ground beef  
¾ cup Wild Flower honey  
1 tsp. basil  
½ tsp. garlic powder  
½ c. white cheddar or American cheese  
black olives

Preheat oven to 325°F. Mix together ground beef, honey, basil, and garlic powder. In a 2-qt. casserole, mix together macaroni and diced tomatoes. Top with meat mixture, spreading evenly over macaroni. Cover and bake for 45 minutes. Uncover and sprinkle with cheese, and return to oven uncovered for 5 minutes. Use sliced black olives to make a ghostly face.

#### **Pumpkin Patch Honey-Glazed Carrot Slices**

3 c. sliced carrots  
6 Tbsp. Clover honey  
2 Tbsp. margarine  
1 Tbsp. parsley  
green food coloring

Bring 2" of salted water to a boil in medium saucepan over high heat. Add carrots and return to a boil. Reduce heat to medium. Cover and cook 8 to 12 minutes or until carrots are crisp-tender. Drain carrots; return to saucepan. Stir in honey, butter, parsley, and a few drops of green food coloring. Cook and stir over low heat until carrots are glazed. Serve with green glaze for a pumpkin patch appearance.

### Halloween Dessert Cups

Creamy Honey Filling (See recipe below.)  
crushed chocolate sandwich cookies  
red and yellow food coloring  
pumpkin candies

Prepare Creamy Honey Filling. Use red and yellow food coloring to make filling orange. In clear glass or plastic parfait cups, layer crushed cookies and orange Creamy Honey Filling. Top with a sprinkling of crushed cookies. Decorate with pumpkin candies.

### And They're Off Goody Recipes

#### Trick-or-Treat Honey Caramel Corn

7 c. popped popcorn  
1 c. dry-roasted peanuts  
1 c. candy corn  
½ c. brown sugar  
½ c. Wild Flower honey  
6 Tbsp. butter  
¼ tsp. vanilla  
¼ tsp. baking soda

Remove all unpopped kernels from popped corn. Put popcorn and peanuts in a 13" x 9" pan. In a 1½-qt. saucepan, combine honey, brown sugar, butter, and salt. Cook and stir over medium heat until butter melts and mixture is boiling. Cook without stirring for 5 more minutes. Remove from heat. Stir in baking soda and vanilla. Pour over popcorn; gently stirring to coat. Bake in a 275°F oven for 10 minutes. Stir in candy corn and return to oven for 5 more minutes. Stir and spread on wax paper for a few minutes. Put in a bowl to cool.

#### Halloween Honey Crispies

½ c. powdered sugar  
½ c. Wild Flower honey  
½ c. peanut butter  
1½ c. crispy rice cereal  
½ c. raisins  
½ c. Halloween sprinkles

Place a sheet of waxed paper on a cookie sheet so cookies won't stick. Combine powdered sugar, Wild Flower honey, and peanut butter in a medium bowl. Stir until mixed well. Stir in cereal and raisins. Using hands, shape mixture into 1" balls. Roll balls in Halloween sprinkles and place on cookie sheet. Refrigerate for 1 hour. Cookies should feel firm when touched. Serve right away or place in tightly covered container and store in refrigerator.

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### Halloween Honey Finger Gelatin

2 pkgs. grape gelatin  
2 pkgs. orange or peach gelatin  
1 c. Golden honey  
4 envelopes Knox gelatin  
1 c. boiling water per gelatin package

Mix 1 grape gelatin package and 1 Knox envelope with 1 c. boiling water. Dissolve gelatins. Pour into jellyroll pan and refrigerate. While this layer is setting, combine 1 c. of honey, 4 envelopes of Knox gelatin, and 2 c. boiling water. Stir until dissolved. When first grape layer is set, pour 1 c. of honey gelatin into pan and return to refrigerator. While this layer is setting, dissolve 1 orange/peach gelatin and 1 Knox envelope into 1 c. boiling water. When first two layers are set, pour orange gelatin into pan. Refrigerate. When orange layer is set, pour 1 c. of honey gelatin into pan and refrigerate. Repeat starting with grape gelatin. The last layer should be orange gelatin. Cut out finger gelatin with Halloween cookie cutters.

### Throwing a Monster Bash Treat Recipes

#### Halloween Party Punch

4 teabags  
8 c. water  
1¾ c. Alfalfa honey  
12 oz. orange juice concentrate  
12 oz. lemonade concentrate  
4 L Ginger Ale  
Spooky Honey Ice (See recipe below.)

Boil teabags in 2 c. water. Allow to sit. Mix tea with honey, orange juice concentrate, lemonade concentrate, 6 c. water, and Ginger Ale. Add Spooky Honey Ice when served.

#### Spooky Honey Ice

½ c. Clover honey  
2 c. very hot water  
2 Tbsp. lemon juice  
couple drops red food coloring  
plastic gloves  
Gummy Worms

Blend together honey, hot water, and lemon juice. Add red food coloring. Stir, but do not completely mix in. You should have a marbled or blood vein look. Pour into plastic gloves. If gloves are powdered, turn them inside out. Glove should be full enough to hold shape of hand. Add a few Gummy Worms to fingers. Secure end of glove with rubber band or twist tie. Freeze until hard. Cut glove away from honey ice and float in Halloween Party Punch.

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### **Ghostly Cups**

Creamy Honey Filling (See recipe below.)

mini chocolate chip bits

crushed chocolate sandwich cookies

clear plastic punch cups

Prepare Creamy Honey Filling. Fill cup about half way with filling. Add a layer of crushed cookies. Top with a dollop of filling, forming a mound. Use mini bits to make eyes and mouth.

### **Easy Halloween Treats**

Creamy Honey Filling (See recipe below.)

graham crackers

Halloween sprinkles

Prepare Creamy Honey Filling. Spread onto graham crackers. Decorate with Halloween sprinkles.

### **Creamy Honey Filling**

One 8 oz. cream cheese bar, softened

1/3 c. Alfalfa honey

2½ c. whipped topping

Mix together until creamy. Gently blend in 2½ c. whipped topping.

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