

Top 10 Halloween Treats For Your Mate That Won't Ruin Their Waistline



By [Whitney Johnson](#)

Whether you're a kid who anxiously anticipates trick or treating each year or an adult who can't wait to pick out a new Halloween costume, All Hallow's Eve is all about indulging. Of course, that doesn't mean you have to totally let yourself go in order to truly enjoy this spooky night. If you and your sweetie want to celebrate *without* feeling guilty, think outside the typical bag of candy and check out the 10 treats below:

1. Pumpkin spice latte: Once the leaves start to fall, it's hard to resist a pumpkin spice latte from your local coffee shop. Instead of sipping on this high-calorie drink, try making one at home: Heat up canned pumpkin, a bit of milk, some cinnamon and a pinch of pumpkin spice in a sauce pan, and add the mixture to your usual cup of coffee. Then, head outside and enjoy your warm treat with your partner on a blustery fall day.

2. Caramel apple: This old standby is sure to satisfy your sweet tooth while also providing you with a healthy snack option. After all, an apple a day keeps the doctor away!

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3. Caramel grapes: For a smaller version of the treat above, why not try caramel grapes? Poke toothpicks into red grapes and dip them in melted caramel followed by crushed nuts. With these mini concoctions, you and your significant other will be

happy with a just a taste of something sweet.

4. Frozen “boo”-nana pops: Perfect for kids and adults alike, these homemade frozen treats are sure to please. Cut one medium banana into four quarters lengthwise. Insert a Popsicle stick into each piece and freeze on a wax paper-lined cookie sheet. Melt some white chocolate in a coffee mug, and dip the frozen bananas in, one at a time. Quickly add chocolate chip eyes before the white chocolate hardens. BOO!

5. Fancy popcorn: This date night staple, whether you’re at home or at the movie theater, is a healthy option (as long as you don’t slather it in butter), and there are simple ways to make it even more delicious. Add some cinnamon and Splenda for a hint of sweetness or some Parmesan cheese and garlic pepper for something savory.

6. Pumpkin Caipirinha: Our list wouldn’t be complete without a few Halloween cocktails! For a low-cal drink, mix half of a lime, 1 ½ ounces of pumpkin puree, a pinch of nutmeg, a few ice cubes, ½ ounce of agave nectar, and 1 ½ ounces of Cachaca.

7. Sangria: For another healthy Halloween sipper, make blood red fruit sangria, using strawberries, cherries, raspberries, lemons, limes, oranges, and red delicious apples with red wine, brandy, and grape juice to give it the perfect orange color. Enjoy!

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8. S’mores: Light up the fire and put it to good use! Not only will it put you and your beau in a romantic mood, but it’ll give you a tasty treat to boot. Make this classic dessert sandwich out of two low-fat graham crackers, a marshmallow, and a piece of dark chocolate (which is good for your heart).

9. Toasted pumpkin seeds: If you’re anything like the staff at CupidsPulse.com, we can’t get enough pumpkin. A simple way to

enjoy this fall fixture is to toast the seeds – we love these three recipes.

10. Spooky trail mix: Add some candy corns to your usual trail mix, and you'll get a dose of nutrients, thanks to the nuts and dried fruit, as well as a hint of Halloween with the holiday candy staple.

Tell us: What's your favorite healthy Halloween treat?