

# Nix the Halloween Stuff and Do This Instead



It's almost Halloween. Now what? Do we pass out candy? Do we let our kids eat it? Do we even participate in such events?

I've discovered a few solutions that years ago saved me time, guilt and hyper-kids.

## An Alternative Treat

First of all, here's my best, timesaving (and generally appreciated) handout in lieu of candy.

I gather up the loose change my husband instinctively collects all year, and I put the coins in a big, carved pumpkin. (The seeds and fibers have already been cleaned out, but it may still be rather moist inside.) Then, I dole out enough coins so that everyone gets approximately the same amount.

When we lived in the city, we probably had more than 30 kids on Halloween night, so I'd have to ration. Then, when we lived out in the country, perhaps only one neighbor would stop by with her grandchildren. They each would plunge their chubby hands into the still slightly clammy pumpkin center for a fistful of coins.

Somehow, the loot was more exciting when it was coated in just a *little* pumpkin muck. Go figure.

## **What to Do With All That Candy**

When my kids were little trick-or-treaters, I'd agree to let them eat three pieces of candy while walking from door to door. But I held firm to their eating no candy with dyes. That helped eliminate the worst offenders. Seed oils weren't even on my radar back then.

Then, when we got home, I'd trade with them. When they were really young, I'd have an inexpensive Lego toy ready for the ultimate bribe.

"Give me all the candy, and I'll give you this toy."

Yes! It worked. Holding firm made all the difference.

As they grew a bit older, it took a few dollars for the bribe to take hold.

But even these tactics didn't work if they were hungry or craving sweets at the time of the transaction, so I used one more ploy to close the sale.

Like any good lobbyist, I fed them.

But it's *what* I fed them that counted.

## **It's All in the Preplanning**

Here's the secret to my preplanning before any event where my children would be enticed by edibles that I called into

question. I went the saturated fats way. And I do mean *saturated*!

Before going out for celebrations, I'd serve them the dinner of all dinners. For example, it was always a butter-laden soufflé, or potatoes turned and roasted in lard and lamb chops.

I made certain it was something they really enjoyed.

A big glass of raw milk with a couple of raw egg yolks whipped in was also a requirement, as in a "you-can't-go-out-unless-you-drink-the-entire-glass" kind of demand.

And for dessert, I served my specialty: coconut-date-walnut clusters in a chocolate, coconut oil base. You might want to try this yourself. I didn't make it often, though, because if it became standard fare, they didn't appreciate it.

Everything in my recipe is 100% whole and organic. Most importantly, it will make them so satiated with fats that there won't be a millimeter left in their plumped-up little stomachs for a piece of commercial candy.

My client and friend, Hillary Boynton, gave me her version of these healthy candy clusters, as I incorporated them into my repertoire of treats.

## **My New Halloween Bribe Candy (aka "Stuff 'Em to the Gills")**

### **Ingredients\***

- 1 cup virgin coconut oil
- $\frac{1}{4}$  cup organic raw cocoa powder (I like [Wilderness Family Naturals](#) brand best.)
- Big pinch of [Celtic salt](#)
- 1 tsp of vanilla (I make my own, but any organic one will do.)
- $\frac{1}{4}$  cup raw honey (Less, depending on what it takes for

your family to be satisfied. Today, I might replace honey with dried fruit.)

- $\frac{1}{2}$  cup shredded coconut
- $\frac{1}{4}$  cup dried ginger (Fresh will work, but it must be grated.)
- $\frac{1}{2}$  cup pistachios (If they're salted, don't add the big pinch of salt mentioned above.)
- $\frac{1}{2}$  cup dried cranberries
- $\frac{1}{4}$  cup fermented cacao nibs (Again, [Wilderness Family Naturals](#) are good.)

\*This is super easy, fast, and to be honest, you don't even need to measure.

## Instructions

In a food processor, mix the first seven ingredients.

Once thoroughly combined, incorporate the last three ingredients so that they remain chunky.

Fashion a smooth layer of the mixture on a cookie sheet lined with parchment paper.

Cool in the freezer for a few minutes.

Once hardened from the cold, break up into small chunks and serve immediately.

Keep the treats on a bed of ice. They stay firm only while cold.

What remains, if anything does, can be stored in an air-tight container in the refrigerator or freezer.

The consistency is like a rocky road of delightful textures and flavors.

**Overdose of Candy and the Like? Think *Nux Vomica*.**

Ok, let's say you've done everything you can to steer clear of

the commercial stuff on Halloween, but your kids get handed a bag of candy in school. (One of the many reasons I chose to homeschool.)

Here's where [Nux vomica 30](#) can be put to work. It's like an antidote to the high fructose corn syrup, sugar, dyes, the wrong fats, too much wheat ... you know the stuff.

Consider this for the next sleepover party, too.

A few doses of *Nux vomica* 30, and the child will settle into sleep more readily, and any nausea, indigestion or other gastrointestinal disturbances will softly melt away.

By the way, so will the nasty behavior that ensues after a day or so of such excesses.

We moms have *our* own tricks too, ya know?

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