

## Gluten Free Treats for Halloween

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### Gluten Free Treats for Halloween

Perhaps you or a loved one has gluten intolerance or celiac disease. You can still have something sweet for Halloween. These treats may take a little while to prepare, but they are yummy treats anyone with celiac disease can enjoy.



#### Candied Pecans

In a large bowl, combine 2 cups pecan halves, one tablespoon olive oil, 2 tablespoons yacon syrup and 1/2 teaspoon Celtic sea salt. Mix these together until the pecan halves are thoroughly covered.

Place them in a single layer in the bottom of a 9 x 13 inch glass baking dish and bake them at 350 degrees Fahrenheit for 15 minutes.

Remove them from the oven and then allow them to cool.

#### Chocolate Cookies

Preheat your oven to 350 degrees Fahrenheit.

Mix together 1/4 cup of carob powder, 1/4 cup of rice flour, 1/4 cup potato flour and 1/2 cup white sugar. Beat 3/8 cup of butter or margarine with one large whole egg. Add the egg mixture a little at a time to the dry ingredients. Beat these together until the mixture is smooth.

Pinch out a small amount of dough, and using your hands, roll the dough into small



balls. These will be placed on a greased cookie sheet. Bake the cookies for 10 minutes. Remove them from the oven and allow them to cool before serving.

### **Meringue Bones**

Preheat your oven to 200 degrees Fahrenheit. Place brown paper bags or parchment paper on cookie sheets to line it.

Separate three large eggs and put the yolks aside. Using a medium bowl beat the egg whites, 1/4 teaspoon of cream of tartar and 1/8 teaspoon of salt at high speed until the mixture is fluffy. Add 2/3 cup of sugar slowly and then add 1/2 teaspoon of vanilla to the mixture and beat for another minute to incorporate it.

Place the mixture in a piping bag or large plastic bag. Add a plain piping tip to the bag or simply snip off a tiny corner. Pipe out as many three inch bone shapes onto paper as you can. Bake these 'bones' for one hour. Turn off the oven and allow the 'bones' to continue drying in the oven for an additional hour. When they have finished drying, place them in an airtight container to keep them from becoming soggy. This will make about four to five dozen 'bones.'



And when it comes to trick or treaters, some gluten-free options include Skittles, York Peppermint Patties and Jelly Belly jelly beans.



These three gluten-free treats will allow anyone with gluten intolerance, or celiac disease, enjoy sweet treats for Halloween. Of course, they taste delicious so you may have others asking to share.

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