



TRICK OR TREAT

WITHOUT THE SUGAR TANTRUMS

10 fun, low-sugar treats kids
will love to make and share





A NEW KIND OF HALLOWEEN FUN

I LOVE Halloween. At the same time I HATE the tantrums, the mountains of sugar and a week of mood swings.

The good news is: it does not have to be like that.
It can be creative, delicious, and heaps calmer
if we just shift how we think about treats.

This guide gives you 10 low-sugar, easy-to-make Halloween snacks. And here comes my 'trick for treats': create them WITH your kids, for added fun - and an opportunity for them to learn.

Every idea is quick, fun, and perfect for handing out — whether at a party, at school, or from your front door.

Let's make this Halloween about connection, not chaos. 🍏✨

X Vanja

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👤 1. Monster Apple Bites

How to make:

Slice apples, spread nut butter between two slices, and stick in sunflower seeds or slivered almonds as “teeth.”

Wrap in wax paper or mini compostable bags for handing out.

Talk about it:

“See how apples give us steady energy? That’s like fuel that lasts all day — not just a quick burst.”

🧙♀️ 2. Witch’s Wands

How to make:

Thread grapes, cheese cubes, and cherry tomatoes on skewers.

Wrap in parchment or eco sleeves.

Talk about it:

“Look at all the colours — each colour helps your body in a different way!”



3. Ghostly Banana Pops

How to make:

Halve bananas, stick on popsicle sticks, dip in Greek yogurt, and freeze. Add raisin “eyes.”

Wrap in baking paper with a fun ghost doodle.

Talk about it:

“Bananas are sweet on their own — nature makes its own treats.”

4. Pumpkin Power Balls

How to make:

Mix rolled oats, pumpkin puree, cinnamon, and nut butter. Roll into balls and chill.

Wrap like truffles in mini papers.

Talk about it:

“Oats and nuts keep your tummy full and your mood steady — that’s calm energy!”



🦇 🕸 5. Spider Eggs (Frozen Grape Bites)

How to make:
Dip grapes in Greek yogurt, freeze, and serve as “spider eggs.”
Use mini cupcake cases for easy handouts.

Talk about it:
“Even fruit sugar feels different when we eat it with protein — teamwork inside your body!”

🧟♂️ 6. Mummy Wraps

How to make:
Wrap thin cucumber or zucchini strips around cheese sticks or veggie batons.
Add olive slices for “eyes.”
Talk about it:

“Crunchy snacks help our mouths and brains focus — chewing really does calm us down.”



7. Boo-nanas & Friends Trail Mix

How to make:

Mix unsweetened coconut, pumpkin seeds, popcorn, banana chips, and a sprinkle of cinnamon.

Scoop into small paper cones or jars.

Talk about it:

“This mix shows how a little bit of everything gives you energy that lasts.”



8. Chocolatey Zombie Clusters

How to make:

Melt dark chocolate (85%), stir in nuts, seeds, and shredded coconut. Drop spoonfuls on baking paper to harden.

Wrap in cellophane or twist paper bags.

Talk about it:

“Dark chocolate still feels like a treat — it’s the amount that matters most.”



🦋 9. Apple Jack-o'-Lanterns How to make:

Carve mini “jack-o’-lantern” faces into small apples or mandarins.
Add a ribbon tag: “Eat me fresh!”

Talk about it:
“Real fruit can look as fun as candy — we just need imagination!”

🐱 10. Spooky Popcorn Cups

How to make:
Air-pop popcorn, toss with cinnamon or paprika. Spoon into Halloween cupcake liners or paper bags.

Talk about it:
“Popcorn is a whole grain — it fills your tummy without a sugar rush.”

BEFORE YOU GO

Loved these sugar-smart Halloween ideas?
You'll love The Sugar Tantrum Solution e-book.

The thing with sugar is: you know sugar is the problem. But every time you say no, you feel like the fun police.

What if your child became your teammate instead?

The Sugar Tantrum Solution delivers 11 foolproof strategies - short, practical, and science backed - to end sugar chaos.

But here is the game changer: every strategy includes a hands-on activity you do together with your child - detective games, taste tests, experiments that make learning fun.

This is the book that transforms families.

Don't take my word for it. Turn this page for a sample chapter.

SNACKS WITHOUT THE CRASH

Snacks make up almost a third of children's daily calories. Yet most supermarket snack aisles are dominated by bars, pouches, and packets designed to look healthy — and act like candy.

If you've ever bought a "wholesome" snack based on the packaging, only to read the label later and feel betrayed, welcome to the club. Membership is free.

The Myth

"Packaged kids' snacks are made with children's health in mind."

Cartoon animals, bright colors, and claims like "made with real fruit" or "contains calcium" are marketing tricks designed to reassure parents. They create the illusion that these snacks are specifically formulated for growing bodies.

But scratch beneath the surface, and you'll often find sugar hiding under five different names (remember Strategy 4's label detective skills?).

The Science

A 2021 University of Sydney study found that 60% of supermarket kids' snacks were ultra-processed, with sugar as a key ingredient. Many "healthy" cereal bars, yogurt pouches, and fruit snacks contain as much sugar per serve as soft drink.

These foods give quick energy but no staying power. Blood sugar spikes, then crashes (Strategy 1's seesaw). Kids get hungrier, crankier, and more likely to overeat later in the day.

SNACKS WITHOUT THE CRASH

What works instead:

Snacks that combine protein + fiber + healthy fat. This trio releases energy slowly, keeps blood sugar steady, focus sharper, and moods calmer.

Think of it like building a fire. Sugar is kindling — it flares up fast and burns out. Protein, fiber, and fat are logs. They burn slow and keep the fire going for hours.

Do's, Don'ts, and Alternatives

✓ DO build snacks around the power trio: protein + fiber + fat

- Boiled eggs + cherry tomatoes
- Carrot sticks + nut butter
- Plain yogurt + berries + a sprinkle of seeds
- Edamame beans (kids love popping them out of the pod)
- Rice crackers + avocado

✓ DO keep a "steady snack box" at kid height

Pre-portion snacks in small containers. When kids get hungry, they grab one without nagging. You know it's sugar-smart. Everyone wins.

✗ DON'T trust "kids' snacks" with health halos

"No added sugar," "organic," "made with fruit" — all marketing. If concentrated fruit juice or syrup is in the ingredients, it's still a sugar hit.

🔄 SWAP chips for air-popped popcorn

Drizzle with olive oil, sprinkle with cinnamon or nutritional yeast. Crunchy, fun, and fills them up without the crash.

🔄 SWAP fruit pouches for actual fruit + a protein

Pouches train kids to expect sweet, smooth, convenient. Whole fruit with a handful of nuts trains them to chew, savor, and feel satisfied.

SNACKS WITHOUT THE CRASH

Team Up: DIY Snack Lab

This week, turn snack prep into a creative challenge.

Set up a "snack lab" station:

Lay out bowls of ingredients:

- Bases: Rice crackers, cucumber rounds, apple slices, celery sticks
- Proteins: Nut butter, hummus, cheese slices, boiled eggs
- Toppings: Raisins, seeds, shredded coconut, cinnamon

The challenge:

Each kid creates 3 different snack "inventions." They name them. They taste-test them. They rate them.

Examples:

- "Superhero Stackers" (rice cracker + hummus + cucumber + raisin eyes)
- "Apple Sandwiches" (apple slices + nut butter + coconut sprinkle)
- "Egg Boats" (halved boiled egg + a tiny dollop of hummus)

Make it silly. Encourage weird combos. Let them be the chef. Take photos of their creations.

Why this works:

When kids design their snacks, ownership skyrockets. They stop resisting healthy options because they invented them. Plus, it's hands-on, creative, and genuinely fun — not just educational with a blindfold slapped on. And you've just built a repertoire of snacks they'll actually ask for.

WANT MORE?

Go to doctormum/systeme.io/ebookstore.

My full 55 page e-book “The Sugar Tantrum Solution” is available now!

And while you are there: there are more e-books available from my Vital Kids Series: all about subjects that really matter for health conscious mums,





Vanja Wierenga is a natural health specialist, certified homeopath (BSc) and teacher (BEd).

She has been practicing homeopathy since 1999, and since 2008 has been teaching at various colleges and initiatives — including Homeopaths Without Borders, a not-for-profit organisation.

Her ability to combine her knowledge between multiple areas of health and diet with the most modern learning techniques makes her a fantastic teacher on all matters health, kids and food.

Vanja is married and has a son and daughter.

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