

Braces-Friendly Halloween Treats

(Courtesy of Dr. Stephen L. Godwin and the Staff at Bel Air Orthodontics)

SPIDER BITES

This Spider Bites recipe is delicious, and provided that you remember to brush and floss after indulging, this is a cookie that won't bite back!

Ingredients

1 cup shortening
1 cup sugar
2 tablespoons water
1 teaspoon vanilla extract
2 eggs
2 cups all-purpose flour
1/2 cup cocoa powder
1 teaspoon salt
1/2 tablespoon baking powder
1 package black rope licorice, cut into short 1-inch pieces
1 small tube of green (or color of choice) decorating gel
Toothpicks



DIRECTIONS

1. Preheat oven to 375 degrees. In a large bowl, combine shortening, sugar, water and vanilla. Beat until smooth. Add eggs into the mixture and blend. Slowly mix in flour, cocoa, salt and baking powder using low-medium speed.
2. Drop tablespoon helpings of mixture onto ungreased cookie sheets and roll each helping into a ball. Bake 9 minutes at 375 degrees. Let cookies cool for about 10 minutes.
3. Using a toothpick, create four small holes in either side of the cookie. Still using the toothpick, push one end of a piece of the cut licorice into each hole, creating the "legs" of the spider. Keep licorice pieces short so as not to harm braces.
4. Once all eight pieces are in place, create eyes or decorate at will using the green decorating gel. *Recipe makes 3 dozen.* Recipe idea adapted from "The Braces Cookbook" by Pamela Waterman.

FRIGHTFULLY FABULOUS CUPCAKE SANDWICHES

INGREDIENTS

12 cupcake liners
1/3 cup cocoa powder
1 cup warm (not hot) water
3/4 cup mayonnaise
1 1/2 teaspoons vanilla extract
1 cup sugar
2 cups cake flour, sifted
2 teaspoons baking soda
1/8 teaspoon salt
1 12-ounce can of chocolate frosting
1 16-ounce container of whipped topping
Assorted braces-friendly candy pieces, such as chopped peanut-butter cups, chocolate bars and melt-in-your-mouth candies



DIRECTIONS FOR FRIGHTFULL FABULOUS CUPCAKE SANDWICHES

Preheat oven to 350 degrees. Fill a muffin tin with 12 cupcake liners and set aside.

1. Combine cocoa powder, water, and mix until smooth. Fold in mayonnaise. (Make sure cocoa mixture is not hot to prevent breaking of mayonnaise.)
2. Add vanilla and whisk until smooth.
3. In mixing bowl, combine sugar, cake flour, baking soda and salt and mix slowly until well incorporated. Add wet cocoa mixture, mix on medium-high until well blended. Scrape down the sides and blend for another 30 seconds.
4. Fill the cupcake liners 3/4 of the way full of batter. Bake for 30 minutes or until toothpick comes out clean. Remove from oven and allow to cool on rack. Slice each cupcake in half horizontally, and serve the halves with chocolate mousse or frosting, whipped topping, and assorted candy pieces. Kids can build the sandwiches by spreading one-half of a cupcake with mousse/frosting or whipped topping, sprinkling on candy pieces and placing the other half of the cupcake on top.

Serves 12. Recipe provided by Michael Chiarello for www.braces.org.

Pumpkin Cookie Pops

Pumpkin shaped cookies on a stick are a nice change from the usual cookie treat. This cookie pops recipe is adapted from www.pumpkinook.com.

Ingredients:

- 3/4 cup unsalted butter, softened
- 1/2 cup brown sugar, firmly packed
- 1/2 cup canned or fresh cooked pumpkin
- 1 tablespoon orange zest
- 1 egg yolk
- 1 teaspoon pure vanilla extract
- 2 1/4 cups all-purpose flour
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- Pinch of salt
- 20 wooden sticks (tongue depressors or Popsicle sticks work best)

Directions:

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, use an electric mixer beat the butter, brown sugar and orange zest. Add the pumpkin, egg yolk and vanilla, and blend.
3. Gradually add the flour and spices. Mix with your hands to create a soft dough. Wrap in plastic and refrigerate for 30 minutes.
4. Divide dough into two portions. Roll out each piece to 1/4-inch thickness on a floured surface. Cut into pumpkin shapes with cookie cutters.
5. Place on ungreased baking sheet and securely insert a wooden stick into the bottom half of each pumpkin cookie.
6. Bake for 12 to 15 minutes. Decorate with your favorite frosting and Halloween décor.



For more great braces-friendly recipes, visit www.bracescookbook.com

Slimy Lime Punch

Make sure to use a very large bowl or a saucepan with high sides when making this frothy mixture — the meringue powder will really foam up when you start whisking. This slimy recipe was adapted from *Parents Magazine*.

Ingredients:

2 tubes red decorating gel
Powdered lemonade mix - to make 2 quarts
1/4 cup granulated sugar
1 teaspoon meringue powder
2 liters seltzer water
10 drops green food coloring
4 drops yellow food coloring
1 peeled and sliced orange
1 lime, sliced into 1/8-inch slices
1 pint fresh raspberries

Directions:

1. Squeeze red gel down the inside of 12 small, clear glasses. Let dry for about 10 minutes.
2. In an extra-large bowl, combine lemonade mix, sugar and meringue powder. Slowly pour in seltzer, whisking continually until combined.
3. Stir in green and yellow food coloring. Add sliced fruit and berries for color. Pour punch into glasses and serve.



Peanut Butter Eyeballs

Ingredients

¼ c. butter, completely softened
2 c. plus 2 Tbsp. powdered sugar
1 c. creamy peanut butter
1 ½ c. toasted rice cereal (like Rice Krispies)
12 oz. white chocolate
1 Tbsp. vegetable oil
Food coloring (two colors)

Directions:

1. Combine the butter, powdered sugar, and peanut butter in a bowl of an electric mixer fitted with a paddle attachment. Mix on low speed until well combined. (If you don't have an electric mixer, this can be done by hand.)
2. Mix in the toasted rice cereal; Using your hands, form into ½ oz. balls (the size of a large marble) and refrigerate until firm (about 1 hour).
3. Place the white chocolate in a microwave-safe bowl. Melt, adding vegetable oil partway through. After all chocolate is melted, stir until smooth.
4. Dip the balls, one at a time, into the melted white chocolate mix using a fork to roll them around so they are entirely coated; Remove them from the chocolate and set on a waxed paper lined sheet pan. Chill to set up (about 30 min.)
5. Separate remaining white chocolate into two bowls and add 1-2 drops of food coloring to tint each bowl a different color;
6. Reheat chocolate if necessary, and using a small spoon, place a dollop of the colored chocolate on each eyeball to make an iris. Use a smaller drop of the contrasting color for the pupil.
7. Let the chocolate set; place balls in individual mini muffin papers and serve.
Makes 36 peanut butter eye balls.



Marvelous Molasses Cookies

This was the very first soft-cookie recipe. They smell wonderful even before baking, they melt in your mouth, and they never harden up. Yum - the best of gingerbread and ginger snaps in one!

Ingredients

1 cup shortening
1 cup brown sugar
1 egg
½ tsp salt
½ cup molasses
½ cup warm water
1 tsp baking soda
1 tsp cinnamon
½ tsp ginger
2 ½ cups flour

Preheat oven to 350 degrees. Baking time 11 minutes.

In a large bowl, combine shortening, brown sugar, egg, salt and molasses, using an electric mixer and beating until fluffy. Add cinnamon and ginger. In a small bowl or measuring cup, stir the baking soda into the warm water; add water mixture to the molasses mixture alternately with the flour until well blended. Drop by tablespoons onto greased cookie sheets. Bake for 11 minutes at 350 degrees. Makes about 4 dozen. Store in a covered container.



Pumpkin Chocolate-Chip Softies

Mmmm - nutmeg, cinnamon and ginger - enjoy the fragrance of Thanksgiving cooking without all the fuss. These cookies combine the moisture of pumpkin purée and the fun of chocolate chips. They're even softer the second day (if you can wait that long), after they've been placed in a tightly-sealed container.

1 1/3 cups all-purpose flour	1 (15-ounce) can plain pumpkin purée
1 teaspoon baking powder	¾ cup light brown sugar, packed
½ teaspoon baking soda	2 eggs
½ teaspoon salt	¼ cup vegetable oil
1 teaspoon cinnamon	2 Tablespoons molasses
½ teaspoon ground ginger	1 Tablespoon milk
½ teaspoon nutmeg	1 (12-ounce) bag chocolate chips

Preheat oven to 350 degrees. Bake for 25 minutes.

In a medium-sized mixing bowl, stir together the flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg. In a large mixing bowl, with a mixer or whisk, combine the pumpkin, brown sugar, eggs, oil, molasses and milk. Add the flour mixture slowly into the pumpkin mixture until well combined. Stir in the chocolate chips.

The dough is very soft. Drop by heaping tablespoons onto greased cookie sheets, 12 cookies to a pan. Bake at 350 degrees for 25 minutes. Makes 36 - 40 cookies. Store in a covered container between sheets of waxed paper.

Cookie with Healthier Touch - Replace 1/2 cup of the all-purpose flour with whole-wheat pastry flour. Not only is it healthier, but it keeps baked goods moist longer. Top these little cookies with a sprinkle of fine sugar for a bit of added sparkle, and bake according to directions.

