



DIY CANDY

Clean, Homemade Candy for Halloween!

If you're looking to enjoy candy over Halloween or the holidays, but still want to cut back on the processed foods, try out these cleaner variations! (and yes, they're all vegan!) See my Reese's recipe video on my Facebook page– [Facebook.com/mindovermunch!](https://www.facebook.com/mindovermunch/)



BUTTERFINGER

- ½ cup maple syrup
- 1 cup creamy peanut butter
- 1 ½ cup corn flakes, lightly crushed
- ¼ tsp salt
- ¾ cup dairy free chocolate chips

- Combine maple syrup, peanut butter and salt in a saucepan over medium heat until smooth.
- Stir in crushed corn flakes, coating completely. Transfer to 8x8" pan and press. Freeze for 1 hour.
- Melt chocolate and spread evenly over block of candy. Return to freezer for 1 hour. Cut into bars.



COOKIES & CREAM BAR

- ¾ cup raw cacao butter, chopped
- ¾ cup coconut butter
- 3 Tbsp maple syrup
- 3 Tbsp sweetener or additional syrup
- 1 tsp vanilla
- 6 sandwich cookies (AKA Oreos)

- Crush up sandwich cookies and add to candy bar mold.
- Melt cacao butter over medium low heat in a double boiler, stirring frequently. Add coconut butter, sweetener/syrup, and vanilla. Whisk to combine. Pour into molds while still warm and mixed. Top with some additional crushed sandwich cookies.
- Refrigerate 2 hours before popping out of the molds.



TWIX

- ¾ cup coconut flour
- ¼ cup coconut oil, room temperature
- 3 Tbsp maple syrup
- ¼ tsp salt
- 2 cups dates, soaked
- ¾ cup dairy free chocolate morsels

- Whisk together coconut oil, maple syrup and salt. Add coconut flour and mix into a dough ball. Press into 8x8" pan and press. Bake for 10 minutes at 350°F. Cool.
- Blend soaked dates in a food processor until a creamy paste forms. Spread on top of shortbread crust. Freeze 2-3 hours, until firm.
- Melt chocolate and spread evenly over block of candy. Return to freezer for 1 hour. Cut into bars.

