

THE *Monster* BASH MENU

10 Spooktacular Recipes
that are Healthy and Fun



A PainlessNutritionals.com Publication

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Disclaimer

The Monster Bash Menu is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you might have a health problem, please seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

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Monster Morsels

Cinnamon Roasted Orange-O-Lanterns

INGREDIENTS

4 medium sized sweet oranges
¾ cup maple syrup
2 cinnamon sticks
2 tsp ground cinnamon
3 star anise
3 cloves
½ tsp vanilla extract
A pinch of sea salt

DIRECTIONS

Begin by slicing the top segment from each orange – approximately 2 cm down. Place the orange tops to one side.

Take a sharp knife and run it across the oranges and down into the segments, loosening the flesh away from the skin ever so slightly.

To make the syrup, add the maple syrup, star anise, cloves, vanilla extract, cinnamon sticks and a pinch of salt to a small saucepan over a very low heat. Simmer very gently for 10 minutes.

Remove from the heat and leave the spices to infuse for 15 minutes.

Using a small sharp knife, carefully carve your chosen face or design into the side of the oranges. This is easy to do and you can easily remove the cut away pieces of orange skin.

Once the syrup has rested, discard the spices and pour a quarter of the mix slowly into each orange, one at a time. You can use a sharp knife to score the orange as you pour, allowing the syrup to filter through the orange. There will be enough syrup to drizzle over the entire orange, including the outer flesh.

Sprinkle half a teaspoon of cinnamon onto each orange.

Arrange the oranges on a shallow baking tray and place their lids back on top. Cover each orange loosely with foil.

Place the tray in the center of the oven and roast for 30 minutes. After 10 minutes, open the oven and spoon any excess liquid back over the oranges.

After 30 minutes, remove the foil and the orange lids and continue to roast for another 35-40 minutes.

The oranges are ready when the flesh is cooked through and the skin is soft.

Serve straight from the oven and slice through the soft skin to eat. If you include dairy in your diet, these are delicious with a dollop of crème fraîche. Alternatively serve with whipped coconut cream.



SERVES 4

NUTRITION INFORMATION: Calories: 120 Fat: 0.5g Carbs: 30g Protein: 1g

Monster Lentil Soup

INGREDIENTS

1 tbsp olive oil
4 cups water
1 small can coconut milk
1 yellow onion, diced
2 garlic cloves, minced
1 tbsp ginger, grated
2 carrots, peeled and sliced
1 cup yellow lentils
½ tbsp turmeric
1 tsp red pepper flakes
½ tbsp sea salt

Toppings

Unsweetened coconut flakes
Whole black peppercorns
Tomato paste



DIRECTIONS

In a pot, heat the oil and sauté the onion, ginger, and garlic over medium heat or until onions are soft.

Add the turmeric and red pepper and sauté for a couple of minutes.

Add the carrots and fry for a minute. Add the lentils and water. Cover the pot and bring to a boil over high heat. Turn the heat low and let simmer for 20 minutes.

After 20 minutes, stir in the coconut milk and using an immersion blender, blend the soup. Adjust the salt and pepper.

To serve the soup, ladle into a bowl and make round eyes with the coconut flakes. Place 1 black peppercorn on each eye. Place a green chili to make lips. Drizzle some tomato paste to make it spooky.

SERVES 4

NUTRITION INFORMATION: Calories: 204 Fat: 2g Carbs: 32g Protein: 14g

Jack-O-Lantern Deviled Eggs

INGREDIENTS

12 eggs
1 orange bell pepper
¼ cup homemade mayonnaise
¼ cup Dijon mustard
Paprika
Salt to taste
Chives



DIRECTIONS

In a large pot, boil eggs for 10 minutes. Remove from the heat and let cool.

Preheat your oven to 450 F and place bell pepper on oven rack. Roast for 10 minutes a side or until brown.

Remove the skin, stem, and seeds. Place the flesh of the pepper into a food processor and process until smooth.

When eggs are cool, remove the shell, and cut each egg vertically in half. Remove the yolk and place in a bowl. Mix in the pureed pepper, mustard, mayo, and salt. Mash until well mixed.

Spoon the yolk mixture into the halved eggs and sprinkle the yolks with paprika. Insert small slices of chives to the top.

SERVES 6-12

NUTRITION INFORMATION: **Calories:** 75 **Fat:** 6g **Carbs:** 1g **Protein:** 4g

Witch's Brews

Bloody Pina Colada

INGREDIENTS

Pina Colada
 ½ banana
 ½ cup pineapple chunks
 ½ cup freshly squeezed orange juice
 ½ cup unsweetened coconut milk
 ½ apple

Bloody Layer
 ½ apple
 ½ banana
 ½ cup fresh strawberries
 1 tsp beet powder
 1 cup ice cubes to serve

DIRECTIONS

Blend together the ingredients for the pina colada.

Break the ice cubes with a food processor and fill two glasses.

Divide the pina colada between the glasses.

Blend the ingredients for the bloody smoothie.

Pour it in the glasses, on top of the pina colada.



SERVES 2

NUTRITION INFORMATION: Calories: 315 Fat: 15g Carbs: 48g Protein: 3.5g

Toxic Ooze

INGREDIENTS

Agar Agar Jelly
1 (25g) package of agar agar powder
7 cups of water
2 cups honey
Natural green food color

Smoothie
4 cups fresh pineapple
4 cups guava
2 cups water
2 tsp matcha green tea powder
1 lemon, juiced

DIRECTIONS

Prepare the Agar Agar Jelly

Mix agar agar with water and let it set for ½ hour.

Bring the mixture to a boil and mix in honey until dissolved.

Add natural green food color and mix.

Pour the mixture into molds and refrigerate.

Prepare the Smoothie

Blend all the smoothie ingredients in a blender and blend well until smooth.

Pour into a big pitcher and keep aside.

Assemble the Toxic Ooze

When ready to serve, fill the glasses with smoothie and spoonfuls of agar agar jelly.



SERVES 4-8

NUTRITION INFORMATION: Calories: 283 Fat: 2g Carbs: 67g Protein: 5g

Blood Punch

INGREDIENTS

2 liters cherry juice
1 red chili
10 cloves
3 cinnamon sticks
6 ginger slices

DIRECTIONS

Put the cherry juice, red chili, cloves, cinnamon sticks, and ginger slices in a saucepan. Simmer for almost 5 minutes, then turn off the heat.

Let it cool and chill for at least 4 hours.

For serving, pour into glasses and enjoy.



SERVES 6-12

NUTRITION INFORMATION: **Calories:** 90 **Fat:** 0g **Carbs:** 27g **Protein:** 1g

No Tricks Just Treats

Paleo Coconut Zombie Cookies

INGREDIENTS

¼ cup almonds
½ cup cashews
¼ cup sunflower seeds
¼ cup pumpkin seeds
2 ½ oz dark unsweetened chocolate
1 tbsp xylitol
Seeds from a vanilla bean
5 tbsp shredded coconut
7 tbsp coconut oil
Raisins to decorate

DIRECTIONS

Chop the nuts and seeds using a food processor.

Melt the chocolate and add it to the seeds and nuts.

Stir in the xylitol and vanilla and add 3 tablespoons coconut oil.

Put the mixture in the fridge for about 30 minutes.

Use your hands to shape 5 balls out of the crumbly mixture and flatten them.

Pour the remaining coconut oil over the cookies and sprinkle the shredded coconut.

Use raisins to make the eyes and a mouth for the zombies.



SERVES 5

NUTRITION INFORMATION: Calories: 435 Fat: 41.5g Carbs: 12.5g Protein: 7.5g

Spider Butter Cookies

INGREDIENTS

1 butter stick, at room temperature
3 cups blanched almond flour
2 tbsp coconut milk
 $\frac{1}{3}$ cup coconut sugar
1 tsp vanilla extract
1 oz. dark chocolate, unsweetened

DIRECTIONS

Mix the butter with the sugar until soft. Add the vanilla extract and mix again. Add half of the flour and use a wooden spatula to incorporate into the butter mixture.

Pour the milk, the remaining flour and mix until you create a dough. If you can't use the spatula anymore, simply continue using your hands.

Line 2 baking trays with parchment paper. Take 1 tablespoon of dough, roll it into a ball and place on the tray. Flatten with the back of your hand.

Put the cookies in the fridge for 20-30 minutes.

Preheat the oven to 325 F. Bake the cookies for 20-25 minutes until golden brown. Remove from the oven and leave them in the trays for 5 minutes before placing on a wire rack to cool.

Meanwhile, place the chocolate in a small bowl. Put the bowl on a small saucepan filled with water over medium heat. Stir the chocolate to melt. Set aside to cool and thicken a little bit.

Transfer the chocolate into a piping bag to decorate the cookies.

Draw 3 intersecting lines and continue to draw lines between them to create a spider web.

If preferred, draw a spider's body.



SERVES 8

NUTRITION INFORMATION: Calories: 236 Fat: 19g Carbs: 11g Protein: 5.5g

Ghost Carrot Pumpkin Cupcakes

INGREDIENTS

Cupcakes
2 large carrots, grated
1 cup grated pumpkin
4 eggs
¼ cup coconut oil
½ cup dried cranberries
3 tbsp almond milk
½ cup coconut flour
1 tsp baking powder
2 tsp cinnamon
½ tsp nutmeg
½ tsp ground cloves
Pinch of salt

Icing

1 (14-ounce) can coconut cream
2 tbsp honey
4 dates



DIRECTIONS

Prepare the Cupcakes

Preheat the oven to 350 F. Line a muffin tin with muffin paper or silicone molds and set aside.

Beat the eggs in a large bowl. Add the grated carrots and pumpkin, coconut oil, dried cranberries and milk, and stir well.

Sift the flour and add the baking powder and spices. Stir until there are no more lumps.

Bake for 25-30 minutes or until a toothpick comes out clean. Let the cupcakes cool completely before you decorate them.

Prepare the Icing

Place the coconut cream can in the fridge for at least 2 hours before making the icing. Also keep the mixing bowl in the refrigerator for 15 minutes.

Use a spoon to skim the fat from the top of the can, reserving the coconut water for other recipes.

Use the mixer to beat the cream for about 30-40 seconds. Add the honey and mix again until creamy and thick.

Pipe the cream on the cupcakes.

Chop the dates and use 2 pieces per cupcake to create the ghost's eyes.

SERVES 6-12

NUTRITION INFORMATION: Calories: 132 Fat: 8g Carbs: 13.5g Protein: 3g

Hot Chocolate Candies

INGREDIENTS

½ cup cocoa powder
3 tbsp maple syrup
½ cup coconut oil
½ tsp cayenne pepper
Pinch of salt
4 dried Guajillo peppers

DIRECTIONS

Cook the coconut oil, cocoa and maple syrup in a saucepan over very low heat.

Simmer until everything is well combined and remove from the stove.

Stir in the cayenne and salt. Set aside to cool down.

Divide between chocolate molds and place in the fridge to chill for at least 1 hour.

Chop the peppers, decorate the candies and serve.



SERVES 2

NUTRITION INFORMATION: **Calories:** 199 **Fat:** 19g **Carbs:** 10.5g **Protein:** 1.5g

About Painless Nutritionals

Painless Nutritionals is a natural health and wellness brand. We strive to create products that help people live long healthy lives, free from aches and pains, with a youthful vigor regardless of age. Our core belief is that people shouldn't dread getting older; they should look and feel incredible. Painless Nutritionals features specially chosen and highly effective supplements that nourish the body and fill the gaps that a healthy diet and exercise don't address.

We have products for anti-aging, pain-relief, immunity, and much more. *When diet and exercise aren't enough to get the results you want, we have the solution.*

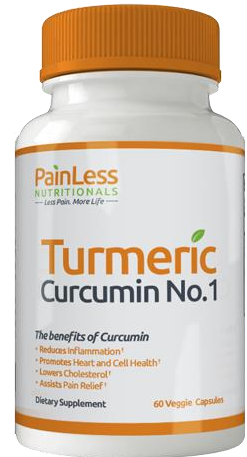
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In addition to being used as a spice to flavor Indian cuisine, turmeric curcumin has been used for thousands of years in many Asian countries as an anti-oxidant and anti-inflammatory agent to treat a wide variety of conditions, including:

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- Bloody urine
- Hemorrhages
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- Colic
- And more



To date, over 6000 studies have been done on turmeric. Results have proven turmeric to be more beneficial than many prescription painkillers, without the frustrating side effects.

Turmeric could be exactly what you need to recapture your youth and vitality, without taking risky medications. If you want to decrease chronic aches, pains, and stiffness while improving the health of your skin, this is the perfect supplement for you!

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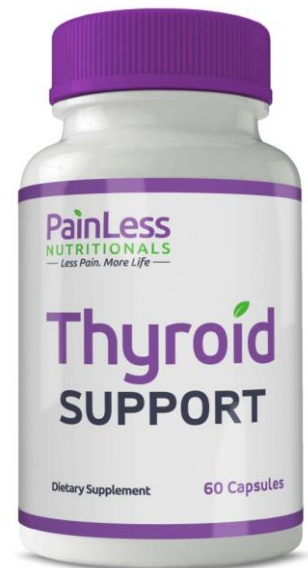
Thyroid Support

Are you gaining weight more easily? Do you feel tired more often than you should? Do you feel older than you are? If so, you might be surprised to learn your thyroid may be the root of all your problems.

It's true. In fact, according to thyroid.org, one in five Americans have hypothyroidism, and up to 60% of these individuals have no idea!

We created this supplement to support good thyroid health.

Whether you have an unhealthy or healthy thyroid, Thyroid Support will help you maintain optimal health.



Benefits you can experience with a healthier thyroid include:

- Increased Energy
- Improved Strength
- Sharpened Memory
- Better Able to Tolerate Cold Temperatures
- Reduction in Hair Loss & Hair Thinning
- Weight Loss

One more big advantage of good thyroid health – it can help you look and feel younger! That's right, a healthy thyroid helps skin look fuller, more hydrated and more vibrant. It also boosts your energy!

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Balance Booster Formula

The risk of falling increases as we age, and falls are one of the leading causes of debilitating injuries in older adults. One way to lower this risk is to focus on brain health. Our Balance Booster Formula has been formulated using only those ingredients proven to boost brain function.

Not only does this supplement improve balance and reduce your risk of falling, it also helps improve memory, cognition, and cerebral blood flow.



Even better - Balance Booster Formula will better the results from any balance and exercise programs!

This supplement is your best defense against falling as it addresses the root cause of most balance issues, brain health. Balance Booster Formula is made in the USA with 100% natural ingredients, with no artificial fillers, flavorings, or colors. This brain boosting supplement is simply made with premium ingredients you can trust.

Don't put your health and safety at risk! Support your overall balance by boosting your brain function with our Balance Booster Formula.

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Bone Boost Formula No. 1

Bone loss due to the natural aging process can put you at greater risk of fractures.

In fact, according to the latest statistics from the International Osteoporosis Foundation (IOF), 1 in 3 women over age 50 will experience an osteoporotic fracture, as will 1 in 5 men of the same age.

Bone fractures can be painful and debilitating. They can even lead to death. **Protect your health and safety with Bone Boost Formula.**



This supplement is specially formulated with Vitamin K2 and Vitamin D3, which bones need to stay healthy.

This impactful supplement is specially formulated with Vitamin K2 and Vitamin D3 which are proven to support bone health. Without these two powerful vitamins, you put both your bones and your overall immune system at risk.

This formula:

- Stimulates calcium absorption
- Supports bone health and strength
- Reduces risk of bone disease
- Helps your body fight infections better
- Improves quality of life
- And more

Because of the importance of K2 and D3 in our everyday life, we formulated Bone Boost Formula No. 1 in such a way that it will not only provide the body with a daily dose of the nutrients, but also help it metabolize them properly.

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This formula both maintains healthy, fast-growing hair and supports hair density and strength – a powerful 1-2 combination that will have you looking your best in no time.



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Get Super Collagen Support and ensure your hair is making the right first impression.

And don't forget the skin benefits of collagen! This formula is the perfect way to maintain your youthful appearance, and even improve it!

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