

## **Braces-Friendly Halloween Treats**

*Scare up a few of these tender treats for your favorite tin-grin teen*

Pamela Waterman

---

Braces plus Halloween plus caramel apples? If this sounds like a recipe for disaster for your child or teen in braces, you're in for a treat. A little magic turns traditional holiday recipes into braces-friendly concoctions so soft and smooth you'll enjoy them, too.

**If you like caramel apples, you'll love...**

### **Caramel Apple Dips**

Biting into the traditional form of this chewy concoction isn't exactly the best thing for braces. Try this simple substitution – easy to fix, and easy to munch.

**Your favorite apples, washed  
Jar of caramel topping/sauce (usually  
sold in the ice cream section)**

Core and peel the apples, slice them thinly, and arrange them on a serving plate. Warm the jar of caramel sauce in a microwave, or by setting it in a pan of very hot water. Spoon a bit of the caramel sauce into a small bowl for each person. Pick up an apple slice and dip on in!

**If you like fruit snacks, you'll love...**

### **Black-Cherry Bats and Citrus-Orange Pumpkins**

Fruit snacks, fruit "leather," gummy bears – whatever your favorite, these smooth and soft fruit-shape substitutions will satisfy your craving while keeping braces-hardware safe. Here are two ways to enjoy them with a Halloween flair.

For the Black-Cherry Bats:

2 (3-oz.) packages black-cherry gelatin (dry)  
3/4 cup water  
1/2 cup grape juice  
1/2 teaspoon lemon juice

Empty both packages of dry gelatin powder into a large bowl. In a medium saucepan, stir together the water and juice; bring to a full boil then remove pan from heat. Pour hot juice mixture slowly into bowl, stirring constantly with a large spoon. Keep stirring for two minutes or until all granules have dissolved. Add lemon juice and stir to mix.

Pour mixture into a 9" round or square pan and place pan in refrigerator. Chill for at least 3 hours or until firm. Cut into squares with a knife, or into bat-shapes with cookie cutters (available at craft stores or discount department stores) dipped in hot water. If pieces are hard to get out, set the entire pan for a minute onto a cookie sheet filled with a quarter-inch of hot water. Makes two dozen squares. Keep chilled.

For the Citrus Orange Pumpkins, repeat the directions with:

2 (3-oz.) packages orange gelatin (dry)

3/4 cup water

1/2 cup orange juice (no pulp) or lemonade

1/2 teaspoon lemon juice

Use tiny pumpkin-shaped cookies cutters as desired.

**If sugar cookies seem drier than skeleton bones, try....**

### **One-Eyed Monster Cookies**

These cookies taste like a soft shortbread. They mix and bake very quickly; your favorite jams create colorful eyeball options.

**1/2 cup margarine, softened**

**1/2 cup sugar**

**1/2 teaspoon salt**

**1 egg**

**1 teaspoon vanilla**

**1 1/3 cups all-purpose flour**

#### **Topping:**

Jam of your choice (works better than jelly because it is thicker), about 1 cup. Use several different jams for different colors and tastes.

*Preheat oven to 350 degrees. Bake for 9 minutes.*

In a large bowl, combine margarine, sugar, salt, egg and vanilla, using an electric mixer and blending until smooth. Mix in flour.

Drop from tablespoons onto greased cookie sheet. Dip a teaspoon into water and use the backside of the tip to make a dent in the center of each cookie; dip spoon each time in water to keep dough from sticking. Fill each dent with about 1 teaspoon of jam. Bake for 9 minutes at 350 degrees. Makes about two dozen. Store in a covered container.

---

SIDEBAR

**Sorting Through the Candy Avalanche**

The kids know you're really looking for your favorite Snickers or Milky Way bar, but sorting through the night's candy windfall yields good results for braces-wearers, too. Share those hard, sticky, chewy and crunchy treats with the rest of the family, and keep the soft and creamy types for your wired wizards to enjoy. Just remember to brush! For more information, visit [www.braces.org](http://www.braces.org), the website of the American Association of Orthodontists.

**Share:**

Hard candies  
Caramels  
Nuts  
Licorice  
Taffy  
Bubblegum  
Nougat/nut bars

**Enjoy:**

Solid-chocolate bars  
Cream-centered chocolates  
Peanut-butter cups  
Whipped-center chocolate bars  
Small fish-shaped crackers  
Soft cookies  
Pudding and yogurt cups

Note: Some orthodontists encourage patients to trade in bags of candy for movie tickets and other special prizes!

---

Pamela Waterman is the author of [The Braces Cookbook: Recipes You \(and Your Orthodontist\) Will Love](#).