

ONE BITE

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Vegan Magazine

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TAKING CONTROL
OF YOUR HEALTH

with a Plant Based Diet

Healthy lunch box

AND SNACK
IDEAS FOR KIDS

WIN A COPY of VEGAN COMFORT COOKING * RECIPES

SEASONAL
» Fall Recipes «

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

FEELING SPOOKY!

VEGAN HALLOWEEN
RECIPES



No tricks! Just treats!

8 VEGAN RECIPES

for Halloween

While most people think of candy when it comes to Halloween, don't let that limit your creativity in the kitchen. If you're looking for different ideas to help celebrate the festivities with your kiddos, then look no further.

Ready? Things are about to get a little spooky!



MUMMY RICE KRISPIES TREATS

Gluten Free and Vegan

By Holly Bertone

INGREDIENTS

- 3 tbsp vegan butter
- 1 package Dandies marshmallows
- 6 cups Erewhon crispy brown rice cereal

INSTRUCTIONS

1. In a large saucepan, melt butter over low heat.
2. Add Dandies and stir often until melted.
3. Take off heat and mix in rice cereal.
4. Line a 13x9x2 pan with parchment paper and spray with cooking spray.
5. With a silicone spatula, gently press the rice and marshmallow mix into the pan.
6. Enjoy!



Holly Bertone

Holly is a #1 Amazon.com Bestselling Author at pinkfortitude.com. She aims to inspire those in cancer, autoimmune, and chronic illness communities to eat clean and live green. Pink Fortitude is all about inspiring it's followers to live a healthier, happier life with healthy vegan recipes.

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