



Healthy Candy Corn

With this trick of a recipe instead of unhealthy store-bought candy, you could treat yourself with a healthy fruit-juice based candy this Halloween.



Prep time: **30 Minutes** chill time: **1-hour** Yields: **32 servings**

Ingredients

- 2 tablespoons** cashew nuts
- 3 tablespoons** maple syrup
- 4 1/2 teaspoons** gelatin
- 1 teaspoon** vanilla extract
- 1/2 cup** orange juice
- 1/2 cup** carrot juice
- 1 cup** pineapple juice
- 1 cup** water

Nutrition Facts

32 servings per container	
Serving size	8 pieces (207g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Sodium 30mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 10g Added Sugars	20%
Protein 2g	4%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Directions

1. In a blender add the cashew nuts, 1 1/2 tablespoons of maple syrup, the vanilla and a cup of water. Blend until smooth.
2. Pour the cashew mixture into a pan, add 1 1/2 teaspoons of gelatin and simmer for 5 minutes on low heat. Stir constantly to stop the bottom from burning.
3. Let the cashew mixture cool for 5 minute and then pour into a dish that's about 6" by 4". Then place in the freezer.
4. Add the orange and carrot juice into a pan with 1 1/2 tablespoons of maple syrup, 1 1/2 teaspoons of gelatin. Bring to a boil then simmer for 5 minutes.
5. Let the orange mixture cool for 5 minutes then pour on top of the cashew layer in the dish, then place back into the freezer.
6. Repeat Steps 4 and 5 with the pineapple juice.
7. The mixture Should be set in 15 minutes in the freezer. Remove the Mixture from the freezer when firm.
8. Push the mixture out of the dish and then slice lengthwise into 1/2-inch strips.
9. Cut each slice into little triangles resembling candy corn.
10. Store in the fridge and eat within 3 days as they contain fruit juice.