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## 8 Healthy Halloween Treats That Taste Good

So . . . how much leftover Halloween candy do you polish off every year?!? And who doesn't feel a little spooky about giving out fistfuls of sugar-covered fat? Fright Night, indeed. On the other hand, guilt-free handouts -- baggies of trail mix, mini boxes of raisins, tangerines -- are no treat if all you hear are disappointed sighs from princesses and superheroes. Solution? Do your sweet shopping at health-food stores, where finding these eight treats isn't tricky. Classroom and office friends will love them -- and so will their bodies!

### 1. Let's Do . . . Organic Jelly Gummi Bears

These fat-free organic treats come in 80-calorie packages, so no one overdoes it. Though a little less gummy than traditional "bears," the natural fruit flavors, like elderberry and apricot, are yummy.

### 2. Tiny Trapeze Caramels

Love Rolos? Try these chewy caramels. They have less than half the fat and calories of Rolos, and they're made with organic cocoa powder and cane juice. Everyone will scarf them up.

### 3. Figamajig's Chocolate-Covered Almond Bar

Kids will think this is a rich raisin-filled candy bar. Adults will love the chewy goodness of figs wrapped in delicious dark chocolate. And guess what? It's low-fat (only 1.5 grams saturated fat), high fiber (4 grams) and covered with heart-healthy almonds.

### 4. Reed's Ginger Candy Chews

These bite-size candies deliver a mouthful of sweet, spicy flavor for just 25 calories a pop. Ginger's a natural tummy soother, too, which may offset the side effects of treat overload.

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