

Spookily Healthy Halloween Treats



Apple Bites: 1 Apple makes 4 treats

- Apples
- Almond Slivers/ sunflower seeds
- (Option: Peanut Butter/ Jam)

Directions:

1. Core and quarter the apples
2. Cut the middle of the quarters to create the opening for the mouth
3. Place slivered almonds/ sunflower seeds into apples as teeth

Variations: Add peanut butter inside for added protein, jam for added gooeyness and a sliced strawberry for a tongue.

Banana Ghosts: (serves 4)

- 4 Bananas
- 24 Chocolate Chips (can get regular size or mini)

Directions:

1. Peel bananas and cut them in half.
2. Place the cut side down so the banana halves stand up.
3. Use small chocolate chips to make ghost eyes and large chocolate chips to make ghost mouths.
4. It's that easy!

Pizza Mummy Bites: 4 mini bites

- 2 English muffins (can also use mini bagels or 4 mini pitas)
- ¼ cup pizza sauce
- 2-4 stuffed green olives or pitted black olive slices
- Mozzarella String Cheese

Directions:

1. Slice English muffins/ mini bagels
2. Toast English muffins.
3. Preheat oven to 350
4. Lay 4 muffin halves on baking sheet.
5. Spread a tablespoon of pizza sauce on each muffin half.
6. Set 2 olive slices in place for eyes on each muffin half.
7. Pull string cheese into pieces and lay on muffins above and under "eyes", layering them to look like mummy wrappings.
8. Bake for 10 minutes or until cheese is melted.