

FUN & HEALTHY HALLOWEEN RECIPE IDEAS

APPLE BITES

These toothsome treats are a fun and healthy break from Halloween sweets.

Ingredients

- Apples
- Slivered almonds

Instructions

1. Just quarter and core an apple, cut a wedge from the skin side of each quarter, then press slivered almonds in place for teeth.

Tips:

If you're not going to serve them right away, baste the apples with orange juice to keep them from browning.



CARROT FINGER FOOD

Hungry goblins will love getting their hands on these crunchy carrot snacks.

Ingredients

- vegetable dip
- 4 long carrots
- 1 medium carrot
- softened cream cheese
- sliced-almond
- baby carrots



Instructions

1. To prepare them, just fill a serving bowl with your favorite vegetable dip. Wash and peel 4 long carrots for fingers and 1 medium carrot for a thumb.
2. With a paring knife (a parent's job), cut a flat, shallow notch in the tip of each carrot. Then use a dab of dip or softened cream cheese to glue a sliced-almond fingernail atop each notch.
3. Stick the fingers in the dip, as shown, and serve with plenty of peeled baby carrots for dipping

THE HAUNTED GRAVEYARD

Want a snack platter to die for?

RECIPES TAKEN FROM: *Familyfun.go.com*

Ingredients

- 1/2 cup fresh spinach
- 10 ounces hummus
- Vegetables (we used broccoli and celery)
- Pretzels
- Hard-boiled eggs
- Crackers
- Black olives
- Edible marker
- Carrot sticks



Instructions

1. In a food processor, puree the spinach and hummus.
2. To make the boiled-egg ghosts, cut slits and insert black-olive facial features. Use an edible marker to turn crackers into tombstones.
3. Mound the dip on a tray and top it with veggie trees, a pretzel fence, boiled-egg ghosts, and cracker tombstones.

CHEESY FINGERS

Ingredients

- Mozzarella string cheese
- Green bell pepper
- Cream cheese



Instructions

1. Wearing plastic gloves or sandwich bags over your hands to keep the cheese as smudge-free as possible, use a paring knife (parents only) to cut each string in half and then carve a shallow area for a fingernail just below the rounded end of each half.
2. Mark the joint right below the nail as well as the knuckle joint by carving out tiny horizontal wedges of cheese, as pictured.
3. For the fingernails, slice a green bell pepper into 3/8-inch-wide strips. Set the strips skin side down on your work surface and trim the pulp so that it's about half as thick. Then cut the strips into ragged-topped nail shapes and stick them in place at the ends of the fingers with dabs of cream cheese.

RECIPES TAKEN FROM: *Familyfun.go.com*

EYEBALLS

Ingredients

- Carrots
- Cream cheese
- Pitted black olives
(OR raisins)



Instructions

1. Simply slice carrots into 1-inch-thick chunks, top each with a blob of cream cheese and one half of a pitted black olive, and serve.