

HALLOWEEN RECIPES

Spooky Apple Bites

What you will need:

Apples, bananas, peanut butter, a knife

How to make it:

1. Quarter and core apples.
2. Cut a wedge from the skin side of each apple quarter and spread peanut butter in the wedge.
3. Place cut up pieces of banana in the peanut butter as teeth.



SandWitch Fingers

What you will need:

Whole grain bread, peanut butter, jam, apples.

How to make it:

1. Spread peanut butter and jam on whole grain bread to make a sandwich.
2. Cut sandwich lengthwise into strips.
3. Add a sliver of apple to one end of each strip as a fingernail.



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Orange Pumpkins

What you will need:

Oranges, celery

How to make it:

Peel the orange and insert a stick of celery at the top to form a stalk for the “pumpkin” .



Green Monster

What you will need:

1 C spinach, tightly packed
2 C pineapple chunks - frozen
2 medium bananas, cut into chunks - frozen
1 C orange juice
A blender

How to make it:

1. Place all ingredients in a blender, in the order listed above.
2. Blend ingredients until completely smooth. (You may need to scrape down sides of blender if ingredients get stuck)
3. Pour smoothie into cups.

