

HALLOWEEN

HEALTHY SNACKS FOR KIDS



MONSTER MOUTHS

INGREDIENTS:

2 green apples, each quartered
Peanut butter
Sunflower seeds
2-3 strawberries, sliced
1-2 homemade or store-bought candy eyes
or marshmallows

METHOD:

Cut the middles out of each quarter of the apple to create the shape of a mouth.
Fill in the cut with peanut butter and place seeds on top of the mouth for the teeth.
Place 1 strawberry slice inside the mouth for the tongue.
Glue each eye above the mouth with a dab of peanut butter to stick.



GHOST BANANAS & JACK O' LANTERN MANDARINS

INGREDIENTS:

Mandarins, peeled
Celery, cut into small sticks
Bananas, peeled and cut in half
Mini chocolate chips

METHOD:

Simply stick the celery into the tops of mandarins to create a pumpkin stalk. To make a face, melt the chocolate chips and pipe the chocolate onto the fruit.
Making ghost bananas is easy. Just stick chocolate chips into the fruit to create eyes and a nose.
With any excess celery stalks, you can pipe peanut butter into the stalks and dot them with candy eyes to create little green monster stalks.

HALLLOWEEN

HEALTHY SNACKS FOR KIDS



FRANKENSTEIN KIWIS

INGREDIENTS:

Kiwi fruit
Chocolate chips
Candy eyes

METHOD:

Peel the kiwi fruit but leave some 'hair' at the top. Make the face with some melted chocolate, choc chips and candy eyes.
Use a bamboo skewer so you can eat them like a popsicle.

