



Nutrition Newsletter

Eerie-sistible Halloween Snacks!

HALLOWEEN SNACKS CAN BE FUN, DELICIOUS, AND NUTRITIOUS. CHECK OUT THE RECIPES BELOW.
BONE APPETIT!



WITCHES FINGERS

INGREDIENTS:

CARROTS, BELL PEPPERS, HUMMUS

STEPS:

1. USING A KNIFE, ADD SOME LINES TO THE CARROTS TO MIMIC JOINTS
2. CHOP OFF THE RED BELL PEPPER INTO SMALL PIECES TO MIMIC NAILS
3. ADD A BIT OF HUMMUS AT THE END OF THE CARROT TO ACT AS GLUE
4. PUT THE NAILS ON THE FINGERS TO CREATE WITCHES FINGERS!

[Reference](#)



GHOSTS AND PUMPKINS

INGREDIENTS:

BANANAS, RAISINS, TANGERINES, CELERY

STEPS:

1. PEEL THE BANANAS AND CUT EACH ONE IN HALF.
2. ADD SMALL RAISINS TO EACH BANANA TO MIMIC EYES AND BIGGER RAISINS TO MIMIC MOUTHS - NOW YOU HAVE A GHOST!
3. PEEL THE TANGERINES
4. CHOP THE CELERY INTO 1/2 INCH PIECES
5. ADD A CELERY PIECE ON THE TOP OF EACH TANGERINE - NOW YOU HAVE A PUMPKIN!

[Reference](#)





WITCHES BROOMSTICKS

INGREDIENTS:

CHEESE STICKS/STRINGS, PRETZEL STICKS

STEPS:

1. CUT EACH CHEESE STICK IN HALF
2. GENTLY INSERT A PRETZEL STICK INTO ONE SIDE OF THE CHEESE STICK
3. USING SCISSORS, CUT SLICES IN THE CHEESE WITHOUT GOING ALL THE WAY THROUGH TO MIMIC A BROOM'S BRISTLES

[Reference](#)



BOO-BERRY SMOOTHIE

INGREDIENTS:

1 1/2 CUPS OF MILK
1 1/2 CUPS BABY SPINACH
1 CUP FROZEN BLUEBERRIES
1 BANANA PEELED
PINCH OF NUTMEG
1 TABLESPOON MAPLE SYRUP

STEPS:

1. BLEND ALL THE INGREDIENTS TOGETHER UNTIL SMOOTH.

[Reference](#)

More Spooky Recipes!

[CHEDDAR AND PUMPKIN PEPPERS](#)

[CARAMEL APPLE MINI CHEESECAKES](#)

[SPOOKY EYEBALLS](#)

[ROASTED EGGPLANT AND PEPPER DIP WITH BLACK BUGS](#)

[DEVILED EGGS](#)

[BREAKFAST BRAIN PUDDING](#)



Click on each
name for the
recipe!