

# 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 HOST!
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!