

# Healthy Halloween Treats



**Banana Boos.** Cut a banana in half length-wise; insert a popsicle stick into the bottom of the banana and lie it down. Use a tiny amount of peanut butter to stick chocolate chips to banana as eyes. Use a raisin or any other candy or fruit as a mouth. Again, use a little peanut butter to help make it stick to the banana. Store in freezer or consume immediately.

**Monster Mouths.** Cut away 2 halves from the sides of four apples, stem side up on a cutting board, leaving the center slice with stem and core (about 1 inch thick). Discard the 4 core slices. Cut each half round in half again, and then into two wedges (each apple will yield 8 wedges). Spread 2 teaspoons of preferred nut butter (or pumpkin or apple butter if nut allergies is a problem!) on wide edge of apple slice. Top with another apple slice, to resemble jaws. Insert almond slivers or candy corn into nut butter to make fangs, or marshmallows for teeth.



**Spidery Deviled Eggs.** Start by whipping up a batch of deviled eggs – place 12 eggs in a sauce pan; add enough cold water to cover eggs. Bring water to a boil, reduce heat and cover. Let eggs sit for 12 minutes. Remove from water to cool. Peel off egg shells and slice in half lengthwise. Carefully scoop out yolks and mash in a bowl with 2 tsp Dijon mustard and 1/3 cup Greek yogurt. Add mix back to center of empty egg whites and top with a sprinkle of paprika. Cut 12 pitted black olives in half and place on top in the middle of each deviled egg to form the body of the spider. Cut several additional olives lengthwise to form the six spider legs.



**Scary Strawberries.** Wash strawberries and set aside. For 15 strawberries, melt 4 ounces of white chocolate in a microwave-safe bowl. Stir until smooth and add in 1/16 tsp almond extract. Dip dry strawberries in chocolate mixture and place on a waxed paper-lined baking sheet. Let the excess drip and form the ghost tail. Before the chocolate dries completely, press mini chocolate chips into coating for eyes. Freeze for 5 minutes. Meanwhile, melt 1/8 cup of mini chocolate chips in microwave and stir until smooth. Using a toothpick, draw a mouth with the melted chocolate on each ghost.