

Healthy Halloween Snacks



Ants on a Log

Ingredients: celery, peanut butter, raisins

Cut celery into pieces about 5 inches long, spread peanut butter (or low-fat cream cheese) over the length of the celery, press raisins into peanut butter.

Creepy Halloween Wagon

Ingredients: celery, peanut butter, raisins, carrots

Cut celery into pieces about 5 inches long, spread peanut butter (or low-fat cream cheese) over the length of the celery, press raisins into peanut butter. Slice carrots into thin slices and secure with toothpicks.

Orange Jack-o'Lanterns - Icy Treat

Ingredients: oranges, vanilla yogurt, green jello, raisins

Draw jack-o'lantern faces on oranges with a Sharpie marker. Cut off top part of orange and scoop out pulp. Mix some of the orange pulp with a vanilla yogurt, add some swirls of green Jello and some raisins into the mix. Pour into the oranges and place them in a muffin tin and chill in the freezer. (The muffin tin will keep the oranges steady while they chill.)

Spooky Pizza

Ingredients: pizza shell, jar pizza sauce, 2 slices of mozzarella cheese per pizza, Halloween cookie cutter shape

Preheat oven to 375 degrees. Prepare pizza shell with sauce. Cut Halloween shapes out of the mozzarella cheese. Arrange shapes on the pizza. Bake 10 to 12 minutes or until crust is golden brown and cheese is melted.

Bloody Bones

Ingredients: breadstick dough, cheese, marinara sauce

Make bones out of breadstick dough and make a knot at the end. Bake and serve with cheese and a red sauce such as marinara.

Ghost Toast

Ingredients: loaf of bread, margarine, shredded coconut, raisins

Have children spread margarine and then coconut on toast. Make faces using raisins for eyes and mouth. Toast in oven.

Halloween Witches Brew

Ingredients: 1 can (6 oz.) Frozen grape juice, 3 cans of water, 2 tbsp. Honey, 2 tbsp. lemon juice, 1/4 tsp. ground ginger, 1 cinnamon stick, 2 whole cloves
In a sauce pan, heat all ingredients over low heat until hot. Let stand for 5 minutes. Does not have to cool to serve. Remove cinnamon and cloves.

BooBerry Shake

Ingredients: 2 ½ cups blueberries, 1 1/4 cups apple juice, 1 cup low fat vanilla ice cream, 1/4 cup milk, ½ teaspoon ground cinnamon
Place all ingredients in a blender. Pulse until berries are cut up and then blend on medium/high until smooth. Serve immediately.

Jack-o-Orange

Ingredients: orange, cloves
Stick the cloves into the orange to make a Halloween face.

Ghoul's Punch

Ingredients: 6 cups of unsweetened pineapple juice (chilled), 3 cups of cold water, 1 six-ounce can frozen lemonade concentrate, 4 orange slices, 1 recipe of Frozen Hands (see below)

In a punch bowl, stir together pineapple juice, water, and lemonade concentrate. Float orange slices and Frozen Hands in punch. For special effect, pour the "brew" over a piece of dry ice in a plastic witches' cauldron.

Frozen Hands: Carefully pour cranberry juice cocktail into 2 or 3 plastic gloves. (Rinse gloves thoroughly before using.) Fill the gloves so that the fingers can move easily. Tightly seal the gloves with rubber bands. Bend the fingers down. Place on a baking sheet lined with paper towels and freeze until firm. Use scissors to cut the gloves off the frozen hands. If any fingers break off, add them separately to punch.

Pumpkin Faces

Ingredients: English muffins, orange spreadable cheese, raisins
Let the children spread the cheese on the English muffin and arrange the raisins to make the eyes, nose, and mouth.

Cheese Broomsticks

Ingredients: String cheese, breadstick (or pretzel), string licorice
Shred pieces of string cheese into long strips and press around breadstick (or pretzel stick). Use a string licorice to keep it in place.

