



HEALTHY SNACKS FOR Halloween



GHOST CRACKERS

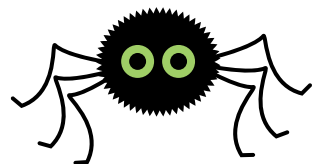
Makes 3 crackers | 1 serving

Ingredients

1 Tablespoon low-fat cream cheese
3 whole-grain crackers
3 raisins, cut in half

Instructions

1. Wash hands thoroughly with warm water and soap.
2. Spread 1 teaspoon cream cheese in ghost shape on top of each cracker.
3. Add a raisin piece for each eye.



MINI PUMPKINS

Makes 1 pumpkin | 1 serving

Ingredients

1 clementine or small orange

1 inch long celery stalk

Instructions

1. Wash hands with warm, soapy water.
2. Peel the clementine or orange.
3. Stick the celery stalk in the top of the clementine so it pokes out like a pumpkin stem. It may need to be cut down slightly.



WITCHES BROOMS

Makes 3 brooms | 1 serving

Ingredients

3 small pretzel sticks

1 stick low-fat string cheese

Instructions

1. Wash hands with warm, soapy water.
2. Cut the string cheese into three even pieces cross-wise, so you have three pieces about an inch long.
3. Pull strings of cheese out on one end of each piece of cheese so it looks like the bottom of a broom.
4. Poke a pretzel stick into the other end of each piece of cheese.



GREEN GOBLIN DIP (BROCCOMOLE DIP)

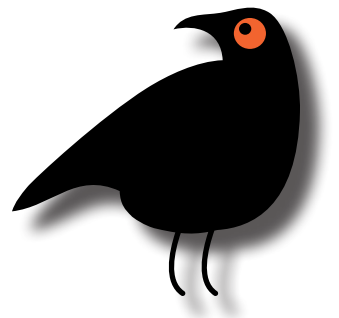
Makes 1¼ cups | 6 servings

Ingredients

2 cups fresh steamed broccoli, chopped
2 Tablespoons finely chopped onion
1 Tablespoon fat-free mayonnaise
¼ cup low-fat sour cream
½ teaspoon chili powder
3 Tablespoons lemon juice
½ avocado
Broccoli juice or water, if needed

Instructions

1. Wash hands with warm, soapy water for 20 seconds.
2. Steam broccoli and save the liquid.
3. Combine all ingredients in a blender or food processor. Process until smooth. Add broccoli juice or water as needed if the mixture is too thick.
4. Refrigerate for several hours. Serve chilled.
5. Serve with vegetable slices, whole grain crackers, or tortilla chips.



WIZARD'S BREW (ORANGE SPINACH SMOOTHIE)

Makes 3 cups | 2 servings

Ingredients

- 1 large orange (peeled and separated)
- ½ large banana
- 1 cup strawberries
- 2 cups spinach
- ⅓ cup plain Greek Yogurt
- 1 cup ice

Instructions

1. Wash hands with warm, soapy water.
2. Combine ingredients in a blender and blend until smooth.
3. Enjoy! Store any leftovers in the refrigerator.



MUMMIES

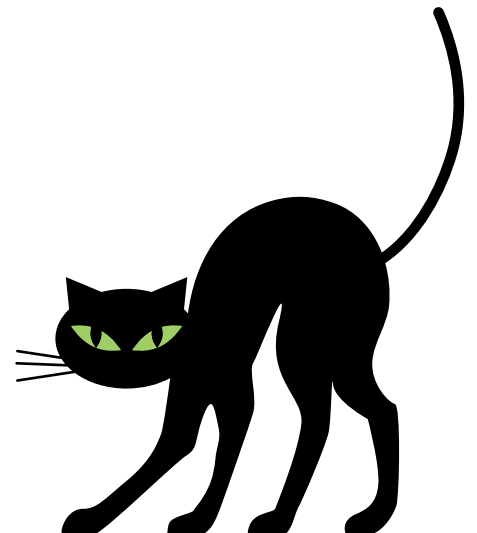
Makes 4 wraps | 4 servings

Ingredients

4 tortillas (8 inch)
2 medium peaches, pears, or apples
¼ teaspoon cinnamon
2 Tablespoons brown sugar
⅛ teaspoon nutmeg
2 Tablespoons milk
8 chocolate chips

Instructions

1. Wash hands with warm, soapy water.
2. Preheat oven to 350°F.
3. Briefly warm tortillas in microwave or oven.
4. Wash, peel, and chop fruit into pieces.
5. Place 1/4 of the fruit on each tortilla.
6. In a small bowl, stir together cinnamon, brown sugar, and nutmeg. Sprinkle over fruit.
7. Roll up the tortillas like a burrito.
8. Place on baking sheet (without nonstick spray.) Brush with milk.
9. Make small slashes across the pies to allow steam to escape.
10. Bake at 350°F for 8-12 minutes or until lightly brown.
11. Once out of the oven, allow to cool for just a couple of minutes, then add two chocolate chips to each one as eyes.



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and the Expanded Food and Nutrition Education Program-EFNEP.

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