

Healthy Halloween Snacks

Here are some ideas for healthy Halloween treats you may try or Google: "Healthy Halloween Treats" for more creative ideas.

Monster Apples: Make caramel apples from kits and let kids create their own monsters by adding marshmallow eyes, raisin nose, and a carrot pieces for mouth, nuts slices for hair, etc.

Baked Bones: Make bones out of breadstick dough and make a knot to the end. Bake and serve with cheese and marinara sauce.

Cheese Broomsticks: Shred pieces of string cheese into long strips and press them around a breadstick or a pretzel stick. Use a string licorice to keep it in place. It looks just like a broom.

Alien Eyeballs: Peel white and red seedless grapes. Serve frozen or just cold from the fridge.

Black and Orange Dips: To make Orange Pumpkin Dip: mix 1 package of low-fat or no-fat cream cheese, 2 cups confectioner's sugar, 1 cup of canned pumpkin, 1 tsp ground cinnamon, 1 tsp ground ginger. Serve with low-fat ginger snaps cookies or animal crackers. For a black dip, make a black bean dip and serve with vegetables, bread, or baked tortilla chips.

Use Halloween shapes: Use pumpkin cookie cutters to make fun party treats out of whole wheat bread dough or use cookies cutters on premade whole wheat bread, tortillas to make little sandwiches.

Ghost Sticks: Melt white melting chocolate or white chocolate bark and cover top half of pretzel rod for ghost body. Then add 2 chocolate sprinkles for eyes and a mini chocolate chip for the mouth.

Popcorn Monster Hands: Pop a bowl of air-popped popcorn. Take clear plastic kitchen gloves and into each finger of the glove place 1 piece of candy corn (for 'fingernail'). Put popcorn down each finger and into the palm to make a 'hand'. Twist tie shut.

Harvest Apple Dip: Mix 8 oz low-fat or no-fat cream cheese with ½ cup brown sugar and 2 tsp. vanilla. Spread on top of round serving tray. Then spread ½ to 1 jar of Caramel Topping on top (optional). Serve with cut up apples served around the tray.

Quick Pumpkin Muffins: Mix 1 box Spice Cake, 1- 15 Oz can 100% canned Pumpkin, and ½ cup water. Blend with fork until moist, spoon into greased muffin pans and bake at 350 for 18-20 minutes. Can ice muffins with low-fat orange icing and add candy corn for eyes, nose, and black licorice for mouth or serve without icing to make healthier.