



20 Healthy, Spooky Halloween Snacks for Kids

Sally Burnside

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A mix of healthy recipes, using no nuts or other allergens (and most recipes are sugar-free), in silly, creepy shapes kids will want to play with and devour. Recipes include: 1. Ghoulish Mouths- an apple snack shaped like monster mouths using hummus or carrots ready for snacking and playing with for kids' own monster mouths 2. Creepy Carrot Fingers- creepy fingers made of carrots with hummus fingernails sticking out of the veggie dip swamp ready to grab your kids' attention and mouths 3. Cheesy Goblin Fingers- cheesy fingers with apple fingernails for chomping 4. Monster Eyeballs- carrots, cream cheese, and grapes for spooky monster eyes ready to crunch into your kids' mouths 5. Silly Monster Smirks- sugar snap peas, red bell pepper or strawberry, mozzarella cheese creating a silly, toothy monster mouth ready for biting 6. Spooky Sandwich Snack- skull sandwich or spooky sandwich fingers with apple or red pepper fingernails and a clementine jack o-lantern 7. Brains- yummy watermelon and jello for a full brain and bloody edible brain matter spewing out 8. Mummy Dogs- breadstick & turkey dog mummies to dip into a healthy, sneaky, veggie-rich blood sauce 9. Mummy Heads- whole wheat mini pizza muffins with a healthy, sneaky, veggie-rich pizza sauce 10. Cup o' Guts- yummy spaghetti squash with the healthy, veggie-rich blood sauce for slurping or digging in with fingers only 11. Bloodshot Eyeballs- spooky melon balls with chocolate chip pupils 12. Cream Cheese Phantoms- crispy whole grain ghosts with raisins and cream cheese 13. Orange-o'-Lantern- creepy orange jack o' lantern with yummy, fruity guts 14. Witch Heads- fruity witch head with chocolate chip wart, chocolate cookie hat, and carrot hair 15. Ghost Bananas- coconutty banana with raisins or chocolate chips for a scrumptious scare 16. Scrumptious Slithering Caterpillar- slithering blend of banana, soy nut butter, chocolate chips (only 2), and apple for a slimy treat 17. Spooky Spiders- creepy mix of soy nut butter, crackers, pretzels, and raisins for a creepy, crawly snack 18. Fruity Eyeballs- fruity blend for edible eyeballs 19. Monster Feet- cheesy carrot feet for stomping a scare into your kids' mouths 20. Bones- crunchy, bread bones for chomping

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