



Healthy Halloween Recipes

Cheese Witch's Brooms

For 12 brooms.

Ingredients:

- 12 Slices of Cheese
- 12 Pretzel sticks
- 12 Fresh Chive

Instructions:

1. Fold each cheese slice and cut the fringes of the broom using a pair of scissors.
2. Roll the slice of cheese around a snack stick having the fringes looking down.
3. Finally to keep the cheese around the stick, use some chive and knot it around.

Halloween Spider Cracker Snacks

Ingredients:

- Round crackers such as Ritz
- Pretzel sticks
- Cream cheese, unsalted peanut or almond butter
- Small dried fruit such as raisins, blueberries or cranberries

Instructions:

1. Spread cream cheese, peanut or almond butter on one side of the cracker so that it's thick enough to secure the pretzels.
2. Break pretzel sticks in half and use 8 halves for legs.
3. On another cracker, spread a light layer of cream cheese, peanut or almond butter so that it can sandwich the other cracker and pretzel sticks together, without moving.
4. Dip two raisins in cream cheese, peanut or almond butter and stick them to the top of one side for eyes.