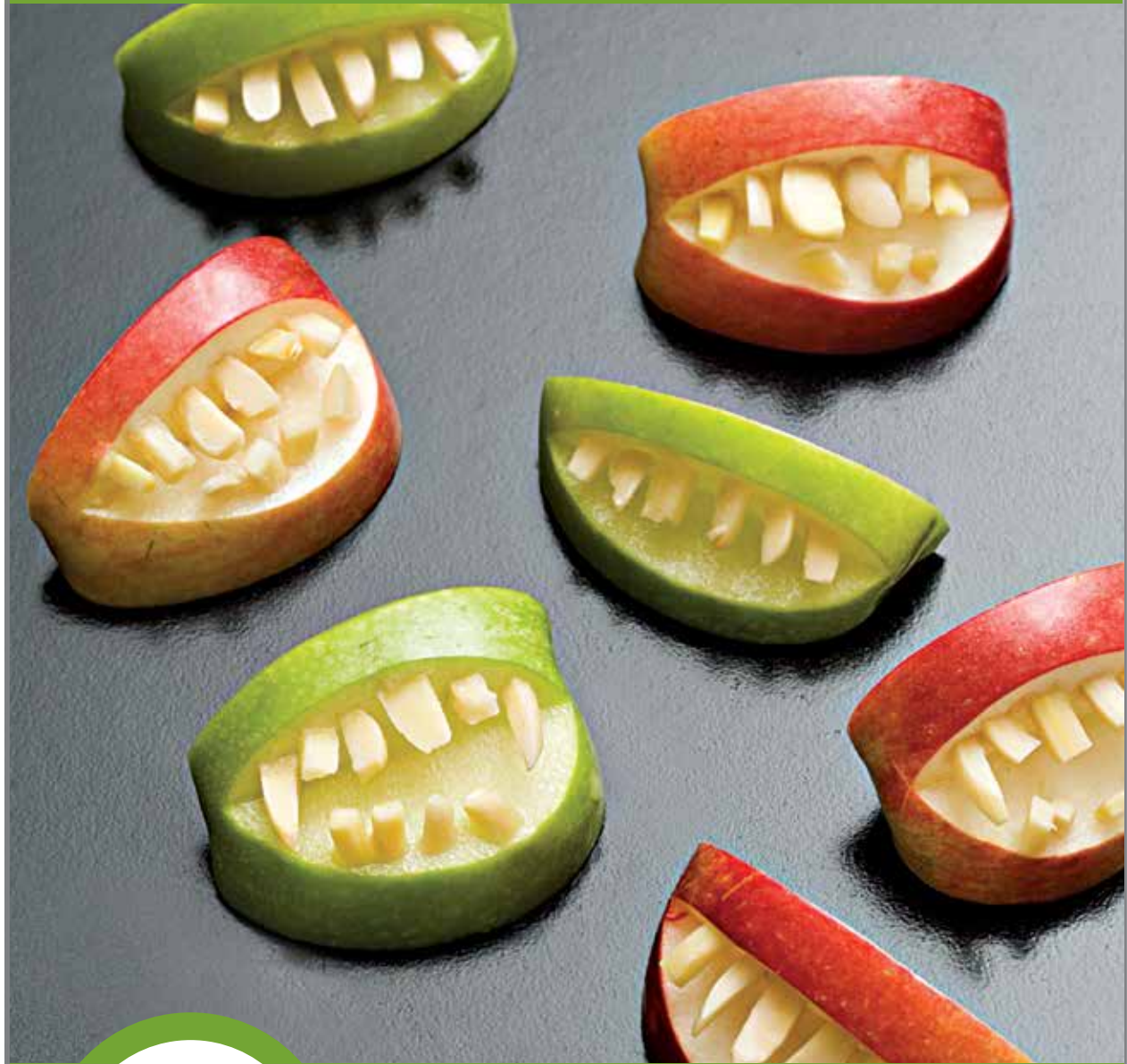


FamilyFun



10

healthy halloween treats

SPOOKY-COOL RECIPES FOR PARTIES
OR AFTER-SCHOOL SNACKS

FamilyFun



black bean cat crudités

Looking for a Halloween snack that's ghoulish and good for you? This skeletal array fits the bill, no bones about it. Just arrange **assorted fresh vegetables** and a bowl of **black bean dip** in the shape of a cat arching its back.

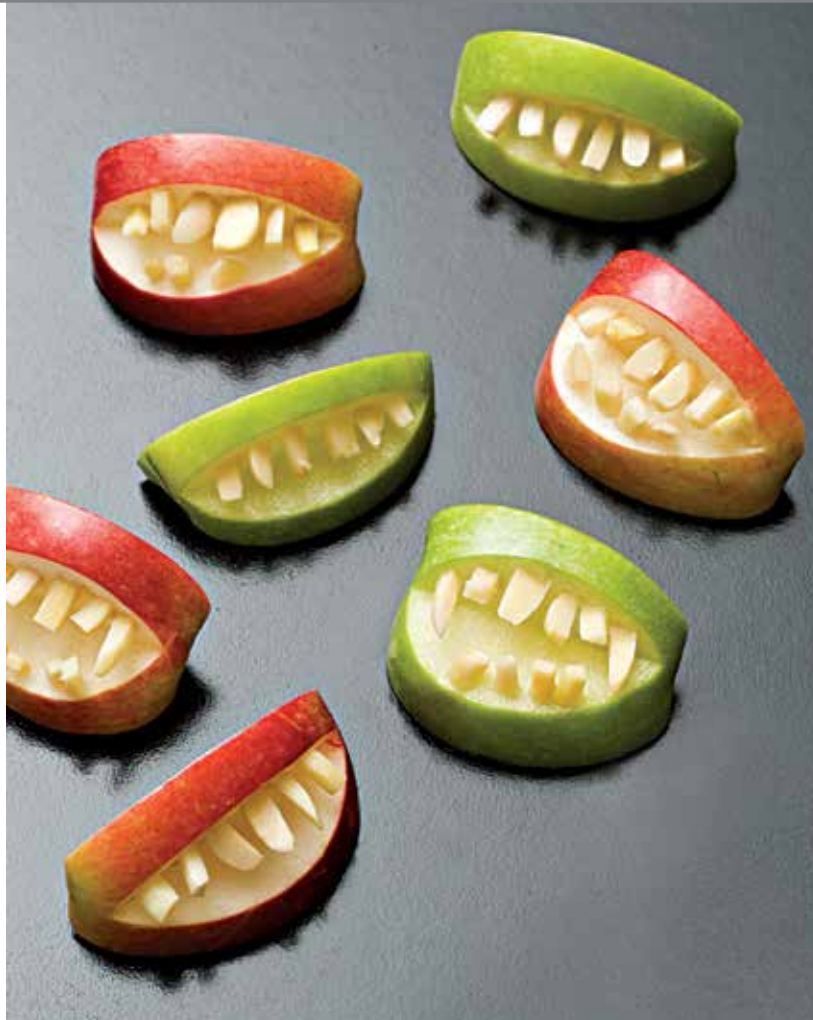


edible eyeballs

Set out a platter of these creepy peepers, and your party guests will do a double take. Simply slice **carrots** into 1-inch-thick chunks, top each with a dollop of **cream cheese** and one half of a **pitted black olive**, and they're ready to serve.

apple bites

To make these toothsome treats, quarter and core an **apple**, cut a wedge from the skin side of each quarter, then press the **slivered almond** teeth in place. **Tip:** If you're not serving the bites right away, baste the apples with orange juice to keep them from turning brown.



potato ghosts



Scare up a spectral side dish with **baked potatoes**. Heat the oven to 400°. Cut 6 unpeeled potatoes lengthwise into ½-inch-wide pieces. Cut one of the round tips off each piece. Lay the pieces on a greased baking sheet (those with skin go skin side down). Brush the tops with **olive oil**. In a bowl, mix together 1 teaspoon each **seasoned salt**, **onion powder**, and **garlic salt** and sprinkle the mixture lightly on each piece. Bake the pieces until a fork can be easily inserted, about 30 minutes. Let the pieces cool for 10 minutes, then "ice" them with **sour cream**. Add **scallion** slices for eyes and mouths. Makes 24.



melon brain

Carved from a small, round **seedless watermelon**, this cerebral creation is bound to turn heads. Use a vegetable peeler to remove the entire green rind, exposing the white rind. Slice off the bottom of the melon to make a flat base. With a toothpick, outline squiggly furrows that resemble the surface of a brain. Carve narrow channels along the tracings with a sharp paring knife (a parent's job) to expose the pink fruit beneath the rind.

pumpkin roll-ups

Serve this wholesome snack before the kids head out to trick-or-treat. Lay **cheese slices** or spread cream cheese on **sun-dried-tomato tortillas**, then roll them up and cut them into 1-inch sections. Use a toothpick to secure each roll-up and top with a sprig of **cilantro** or parsley.



FamilyFun

salty bones

Unroll a tube of **refrigerated breadsticks** (we used an 11-ounce tube to make 12 bones) and separate the rectangular pieces. Working with one piece at a time, stretch the dough a bit, then cut a 1½-inch slit in the center of each end. Form the resulting four flaps of dough into knobs that look like the ends of a bone. Place the dough bones, spaced a few inches apart, on an ungreased baking sheet and sprinkle on a little **coarse salt**. Bake the bones at 375° until they are light golden brown, about 12 minutes.



english mummies

Surprise your gang of ghouls with these wrapped-up snacks. To make one, first spread a tablespoon of **pizza sauce** onto half of an **English muffin** (toast it first, if you like). Add **olive slice** eyes, with round slices of **green onion** or bits of **red or green pepper** for pupils. Lay strips of **cheese** across the muffin for the mummy's wrappings. Bake at 350° until the cheese is melted and the muffin is toasty, about 10 minutes.



snack-o'-lantern

Our healthy Jacks sport spoon stems for scooping up the refreshing fruit salad filling. First, slice the top off a **navel orange** and cut around its interior to hollow it out. Scoop out the orange segments, chop them, and mix them with canned or fresh **fruit salad**. Carve the facial features, then cut a slit in the lid wide enough for the spoon stem. Fill the orange with fruit salad, insert a green plastic spoon, and set the lid in place.



finger food



These simple treats are cheesy—in a good way! To make them, use a paring knife (adults only) to cut sticks of **mozzarella string cheese** in half. Just below the rounded end of each half, carve a shallow space for a fingernail. For the joints, cut out tiny horizontal wedges. Cut **green bell pepper** strips into fingernail shapes and attach them with **cream cheese**.

Like what you see here? Find more great ideas at familyfunmag.com, pinterest.com/familyfunmag, and facebook.com/familyfun.