

# Vampire Bites

Adapted from Recipe by Annabel Karmel at [family.go.com](http://family.go.com)

**Makes 8 Servings**

## Ingredients

4 apples (use a combination of red and green)

½ cup nut butter (can use peanut, almond, cashew, soy, etc)

Almond slivers

Mini marshmallows

Candy corn



Photo by Ashley Bailey

## Directions

- Wash apples well. Core and slice each apple into 8 slices. You can do this by hand or use an apple slicer which will create even slices.
- Spread 1 teaspoon nut butter onto the wide edge of each apple slice.
- Top with another apple slice, aligning to resemble jaws.
- Add almond slivers, candy corn, and/or marshmallows to create fangs and teeth.

## Notes

If you want to create an even more realistic ‘teeth’ effect on the apple slices, use a crinkle cutter garnishing tool to create a zigzag tooth look on the edges of the apple slices.

If not serving apples immediately, squeeze lemon juice over cut apple slices before adding nut butter and toppings. The lemon juice will help delay browning of the apples.

**Nutrition Information per Serving (without ‘teeth’ toppings):** 130 calories, 8gm fat, 1gm saturated fat, 0gm trans fat, 0mg cholesterol, 60mg sodium (varies depending on nut butter used), 16gm carbohydrates, 3gm fiber, 4gm protein

## Witch Fingers

*Serve these with Vampire Bites or other fresh fruit/vegetables for a well-balanced Halloween treat. They can easily be made in advance and stored in the fridge.*

### Ingredients

Reduced-fat string cheese

Carrot slices

### Directions

- With a knife, create knuckles on string cheese by lightly cutting lines into cheese.
- Cut carrot into thin, fingernail shaped slices.
- Add carrot 'fingernails' to string cheese and serve!



Photo by Ashley Bailey

## Monster Paws

*"Hand" these out Halloween night instead of candy or serve as a healthy spooky snack!*

### Ingredients

Popcorn

Candy corn

Food-safe kitchen gloves

Plastic Halloween rings

### Directions

- Pop popcorn (air-popped popcorn is the healthiest; you control the ingredients and don't have all the extra added, unnecessary ingredients. Add oil to large pot, add plain popcorn kernels, pop according to package directions, and season to taste).
- Put 1 piece of candy corn into each fingertip.
- Fill gloves with popcorn, ensuring popcorn fully fills each finger.
- Tie top of glove with ribbon, twist tie, or rubber band so popcorn will not fall out.
- Add Halloween ring(s) to ring finger (I used spider rings).



Photo by Ashley Bailey