



12 *healthy* HALLOWEEN TREATS



BANANA GHOSTS



INGREDIENTS:

1 medium banana, cut in half
6 chocolate chips, regular sized
or mini

DIRECTIONS:

1. Use the chocolate chips to make ghost eyes and ghost mouths on each of the banana halves.

Counts as 1 SmartCarb.



SPOOKTACULAR ORANGE PUMPKINS



INGREDIENTS:

1 medium orange (or two clementines), peeled

1 celery stalk, sliced 2 inches long

DIRECTIONS:

1. Gently insert celery pieces into tops of peeled oranges to resemble pumpkins.

Counts as 1 SmartCarb.



CREEPY CARROT FINGERS AND HUMMUS



INGREDIENTS:

For the fingers:

5 long carrots, peeled

5 sliced almonds

For the hummus:

$\frac{1}{2}$ **cup** black beans, drained and rinsed

$\frac{1}{2}$ **cup** garbanzo beans, drained and rinsed

1 garlic clove

$\frac{1}{4}$ **cup** water

4 tsp. olive oil

$\frac{1}{2}$ **tsp.** dried coriander

$\frac{1}{8}$ **tsp.** cayenne pepper

Extra veggies for dipping

DIRECTIONS:

1. For hummus: Blend all ingredients until smooth (add more water if too thick).
2. For carrots: Trim according to typical length of fingers and thumb.
3. Cut the tip of each carrot to be slightly rounded.
4. Use dab of hummus dip to glue a sliced almond "fingernail" on each carrot tip.
5. Stick "fingers" into dip.

Makes 4 servings. 1 serving counts as 1 SmartCarb and 1 Vegetable.



BEWITCHED CHEESE BROOMSTICKS



INGREDIENTS:

- 1 low-fat string cheese, cut into thirds
- 3 mini pretzel sticks
- 3 fresh chives

DIRECTIONS:

1. Insert mini pretzel sticks into one end of the string cheese.
2. Carefully pull or cut the bottom half of the string cheese into strips.
3. Tie on chive.

Counts as 1 PowerFuel and 1 Extra.



CHOCOLATE-COVERED APPLES



INGREDIENTS:

1 bag Nutrisystem®
NutriChocolates
1 medium apple
2 Tbsp. crushed peanuts
1 popsicle stick

DIRECTIONS:

1. Melt NutriChocolates.
2. Insert popsicle stick through core of apple.
3. Dip apple in melted chocolate.
4. Cover in peanuts.
5. Set on parchment paper-lined tray until hard.

Counts as 1 Nutrisystem® Snack, 1 PowerFuel and 1 SmartCarb.



APPLE PEANUT BUTTER MONSTER MOUTHS



INGREDIENTS:

1 medium apple, sliced $\frac{1}{4}$ inch thick and set in pairs

2 Tbsp. peanut butter

4 Tbsp. nut of choice (almond, macadamia, cashew, etc.)

DIRECTIONS:

1. Put about $\frac{1}{2}$ teaspoon of peanut butter on one side of each apple slice.
2. Place a row of the nuts across one apple slice.
3. Top with remaining apple slice, peanut butter side down, to make smiling mouth.
4. Repeat with remaining slices.

Makes 4 servings. 1 Monster Mouth counts as 1 PowerFuel.



SPOOKY POPCORN HANDS



INGREDIENTS:

3 clear, disposable food contact gloves (powder and latex-free)

4 cups popcorn, air-popped or light-popcorn

15 candy corn pieces

DIRECTIONS:

1. Drop 1 candy corn into each finger of gloves.
2. Fill gloves with popcorn, making sure each finger gets stuffed.
3. Tie off end of glove.

Makes 3 servings. 1 serving counts as 2 Extras.



FRANKENSTEIN KIWI



INGREDIENTS:

- 2** medium kiwis
- 2** mini pretzel sticks, broken into 6 pieces
- 4** mini chocolate chips

DIRECTIONS:

1. Cut off one end of each kiwi.
2. Use a peeler and remove the skin about two-thirds from the bottom.
3. Toward the top, pull skin to achieve messy-looking hair.
4. Place chocolate chips as eyes and pretzel stick pieces as ears and mouths.

Counts as 1 SmartCarb.



SPIDER FRENCH ONION DIP



INGREDIENTS:

For the spider:

2 orange bell peppers

1 sliced black olive

Veggies for dipping

For the dip:

½ cup onion, chopped

1 garlic clove

2 tsp. olive oil

1 cup nonfat plain Greek yogurt

1 Tbsp. minced dried onion

2 tsp. soy sauce, low-sodium

¼ tsp. black pepper

DIRECTIONS:

1. For dip: Heat oil in pan over medium-high heat. Add onions and garlic, stir to coat, cover and cook until caramelized (about 15 minutes), stirring occasionally.
2. In the meantime, combine the rest of the onion dip mixture.
3. Stir in the caramelized onion mixture and refrigerate for at least two hours.
4. For the spider: Make the body by slicing off the stem, white ribs, and seeds of the first bell pepper. Place body, cut-side down, in the middle of the dip.
5. For the legs: Slice second bell pepper into thin strips and place on each side of the body.
6. For the eyes: Poke two holes in the body. Insert half of the black olive slice into each hole.

Makes 2 servings. 1 serving counts as 1 PowerFuel, 1 Vegetable and 1 Extra.



TURKEY & HUMMUS MUMMIES



INGREDIENTS:

6 pieces celery, about 4 inches long

1 slice (1 oz.) low-sodium, low-fat deli turkey

6 tsp. hummus

3 dried cranberries

DIRECTIONS:

1. Place 1 tsp. hummus into each celery piece.
2. Thinly cut turkey lengthwise into six long pieces.
3. Using two pieces of turkey, wrap one piece around celery and wrap the other piece in the opposite direction. Repeat with others.
4. Cut cranberries into 12 pieces. Place two pieces between turkey "bandages" for mummies' eyes.

Counts as 1 SmartCarb and 1 Vegetable.



SPIDER DEVILED EGGS



INGREDIENTS:

4 large hard-boiled eggs
2 Tbsp. nonfat plain Greek yogurt
¼ tsp. ground mustard
Dash black pepper
12 pitted black olives, cut in half lengthwise

DIRECTIONS:

1. Cut eggs in half lengthwise. Scoop egg yolks into a bowl.
2. In the same bowl as the yolks, add Greek yogurt, ground mustard and pepper and mix until blended.
3. Evenly fill each egg white with yolk mixture.
4. Place one olive half, cut side down, in the center of each deviled egg to create the body of the spider.
5. Cut the remaining 16 olive halves lengthwise into 3 or 4 pieces.
6. Arrange olive pieces on each side of the olive halves to create spider legs.

Makes 4 servings. 1 serving counts as 1 PowerFuel.



CANDY CORN FRUIT PARFAIT



INGREDIENTS:

$\frac{1}{2}$ **cup** diced pineapple

1 medium mandarin
orange

$\frac{1}{2}$ **cup** cottage cheese, 1%,
no salt added

DIRECTIONS:

1. In a clear cup, layer parfait starting with pineapple, followed by mandarin orange and then cottage cheese.

Counts as 1 SmartCarb and 1 PowerFuel.

