

OWL RICE CAKE SNACKS

INGREDIENTS

- plain rice cakes
- 2 tbsps peanut butter
- 1 banana
- 1/4 cup blueberries
- 1/2 apple (sliced)
- 1/4 cup Cheerios
- small piece of cantaloupe



INSTRUCTIONS

1. Spread peanut butter on each rice cake. Top rice cake with 2 banana slices for eyes, and top each banana slice with 1 blueberry.
2. Next add a small piece of cantaloupe cut into the shape of a triangle for the beak. Then, two apple slices for the wings.
3. Finally add cheerios for the body.
4. Serve.

CRITTER CRUDITÉS

INGREDIENTS

celery stalks

peanut butter or cream cheese

sliced apple

sliced orange

sliced kiwi

sliced cucumber

sliced tomato

cashews

grapes

blueberries

grape tomatoes

candy eyes

INSTRUCTIONS

Make the snails. Fill celery stalks with peanut butter or cream cheese and top with an apple, orange, kiwi, cucumber or tomato slice shell and a cashew head. Use peanut butter or cream cheese to glue on candy eyes.

Make the caterpillars. Fill celery



stalks with peanut butter or cream cheese and top with grapes, blueberries or grape tomatoes for the body and head. Use peanut butter or cream cheese to glue on candy eyes and celery or radish for antennae.

APPLE NACHOS

INGREDIENTS

1–2 Honeycrisp apples, sliced

1/2 cup French vanilla yogurt dip

4 large strawberries, diced

15–20 fresh blueberries

1/2 kiwi, diced

1/4 cup coconut flakes

1/4 cup chocolate peanut butter candy bits



INSTRUCTIONS

1. Arrange your apple fries/slices on a plate.
2. Use a pastry bag or a small sandwich bag (snip the corner) to drizzle the yogurt over the apples.
3. Sprinkle remaining ingredients on top of apples.
4. Drizzle with more yogurt dip, if desired.

CHUNKY MONKEY BITES

INGREDIENTS

2 bananas

1/3 cup peanut butter

1 pkg (10-12 oz) chocolate chips

1 tsp coconut oil



INSTRUCTIONS

1. Slice the bananas into medium-sized pieces and place on a parchment paper-covered baking sheet.
2. Add a small amount of peanut butter to every other banana piece, then sandwich together.
3. Freeze for at least 30 minutes.
4. In the meantime, melt the chocolate chips with the coconut oil.
5. When the bananas are chilled, dip each banana “bite” into the chocolate.
6. Return to the parchment paper and chill again until the bites are solid.
7. Keep in the refrigerator.