

mouth-friendly recipe:

APPLE MONSTER MOUTHS



Snack time doesn't have to be unhealthy – or boring! Try this recipe to create a nutritious masterpiece you can munch on.

INGREDIENTS:



Almond slices



1 apple, cut into quarters, lengthwise



Peanut butter



Dark chocolate chips

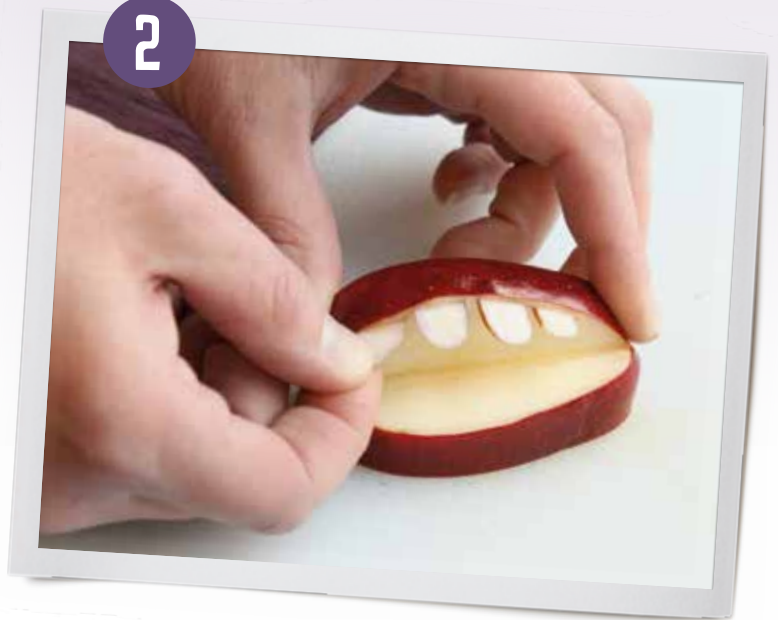
DIRECTIONS:

1



Get help from an adult to carve a long “V” shape out of each apple slice to create your monster’s mouth.

2



Poke almond slices into the hollow mouth area to form teeth.

3



Use small dabs of peanut butter to stick two dark chocolate chips onto two almond slices. Then use more peanut butter to place the “eyes” on the skin of the apple above the mouth.

That’s it.
**EAT US IF
YOU DARE!**

