



Healthy Halloween Snacks & Appetizers

Created by: Ana Coyle, Holistic Nutrition Nut



Frankenstein Kiwis

3 ingredients · 15 minutes · 3 servings



Directions

1. Place the chocolate in a bowl and melt in the microwave in 30-second intervals or over a double boiler. Set aside.
2. Cut each kiwi in half lengthwise. Use a small knife and peel them halfway, leaving the top part with the skin on to resemble Frankenstein's hair.
3. Break the pretzel sticks into small pieces, about 1/2 inch long. Insert the pretzel sticks into the sides of the kiwi.
4. Using a toothpick or a piping bag with a fine tip, draw the eyes and mouth with the melted chocolate.
5. Once the chocolate has set, transfer them to a serving plate and enjoy!

Ingredients

1/2 oz Dark Chocolate

3 Kiwi

1 oz Pretzels

Nutrition

Amount per serving

Calories	107	Protein	2g
Fat	3g	Cholesterol	0mg
Saturated	1g	Sodium	120mg
Trans	0g	Potassium	270mg
Polyunsaturated	0g	Vitamin A	62IU
Monounsaturated	1g	Vitamin C	64mg
Carbs	20g	Calcium	29mg
Fiber	3g	Iron	1mg
Sugar	8g		



Witch Finger Breadsticks

5 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Lightly dust the working surface with flour.
2. Divide the dough into equal pieces. Roll each piece into long six-inch (15 cm) ropes. Lightly twist each rope in the middle and place it on the baking sheet.
3. Cut the olives into a sharp nail shape form and press on the end of each rope to make it look like nails.
4. Brush each rope with olive oil and bake in the oven for about 15 to 17 minutes or until golden brown. Remove from the oven and sprinkle with parmesan cheese. Enjoy!

Ingredients

- 1/2 oz Unbleached All Purpose Flour
- 6 ozs Pizza Dough (store bought)
- 1/4 cup Green Olives (pitted)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Parmigiano Reggiano (finely grated)

Nutrition

Amount per serving

Calories	218	Protein	6g
Fat	9g	Cholesterol	4mg
Saturated	3g	Sodium	391mg
Trans	0g	Potassium	6mg
Polyunsaturated	1g	Vitamin A	70IU
Monounsaturated	4g	Vitamin C	2mg
Carbs	29g	Calcium	80mg
Fiber	1g	Iron	1mg
Sugar	1g		

Mini Mummy Pizzas

7 ingredients · 15 minutes · 1 serving



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place the mini pitas onto the baking sheet and divide the pizza sauce onto both pitas.
3. Sprinkle the oregano onto each pita. Cut the cheese strings in half, then cut or peel them into long thin pieces. Arrange them onto each pita like a mummy.
4. Bake for eight to ten minutes or until the cheese has slightly melted. Remove from the oven and place the sliced olives onto each pita to resemble eyes. Add a caper into each olive. Sprinkle sea salt onto each pita. Enjoy!

Ingredients

- 2 ozs Mini Whole Wheat Pita
- 1/4 cup Pizza Sauce
- 1/2 tsp Oregano
- 1 1/2 ozs String Cheese
- 1 tbsp Green Olives (sliced)
- 1 tbsp Capers (drained)
- 1/4 tsp Sea Salt (flaky)

Nutrition

Amount per serving

Calories	297	Protein	16g
Fat	11g	Cholesterol	30mg
Saturated	5g	Sodium	1633mg
Trans	0g	Potassium	233mg
Polyunsaturated	0g	Vitamin A	468IU
Monounsaturated	1g	Vitamin C	8mg
Carbs	38g	Calcium	318mg
Fiber	6g	Iron	3mg
Sugar	4g		



Witches Brooms

2 ingredients · 15 minutes · 3 servings



Directions

1. Cut each piece of string cheese in half. Take one half and use a knife or scissors to make vertical cuts about 3/4 inch (2 cm) from the top to resemble broom bristles.
2. Take a pretzel and gently press it into the top of the cut string cheese. Repeat with the remaining cheese and pretzels. Enjoy!

Ingredients

2 1/4 ozs String Cheese

3 ozs Pretzels (sticks)

Nutrition

Amount per serving

Calories	169	Protein	7g
Fat	5g	Cholesterol	15mg
Saturated	2g	Sodium	501mg
Trans	0g	Potassium	63mg
Polyunsaturated	0g	Vitamin A	0IU
Monounsaturated	0g	Vitamin C	1mg
Carbs	24g	Calcium	120mg
Fiber	1g	Iron	1mg
Sugar	1g		

Spiders on a Log

3 ingredients · 15 minutes · 4 servings



Directions

1. In a small bowl, add 3/4 of the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
2. Spread the peanut butter into the celery and top with the remaining chocolate chips.
3. Use a toothpick to dip into the melted chocolate and draw legs around the chocolate chips. Serve and enjoy!

Ingredients

1 1/2 tbsps Dark Chocolate Chips (divided)

1/3 cup All Natural Peanut Butter

4 stalks Celery (cut in half)

Nutrition

Amount per serving

Calories	168	Protein	5g
Fat	13g	Cholesterol	0mg
Saturated	4g	Sodium	36mg
Trans	0g	Potassium	224mg
Polyunsaturated	3g	Vitamin A	180IU
Monounsaturated	6g	Vitamin C	1mg
Carbs	9g	Calcium	27mg
Fiber	2g	Iron	1mg
Sugar	5g		



Bat Energy Bites

7 ingredients · 15 minutes · 10 servings



Directions

1. Add the dates, hazelnuts, half of the cocoa powder, and salt to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
2. Pour the remaining cocoa powder onto a plate.
3. Form the mixture into small balls with your hands, using roughly one tablespoon of dough per ball, and roll them in the cocoa powder. Carefully place the chocolate wings on the sides of the balls and insert the chocolate chips into the balls for the eyes. Serve and enjoy!

Ingredients

- 1/2 cup Pitted Dates
- 1/2 cup Hazelnuts
- 1/4 cup Cocoa Powder (divided)
- 1/8 tsp Sea Salt
- 1 tbsp Water
- 2 ozs Dark Chocolate (thin, chopped into triangles for wings)
- 1/2 tsp Dark Chocolate Chips

Nutrition

Amount per serving

Calories	103	Protein	2g
Fat	7g	Cholesterol	0mg
Saturated	2g	Sodium	31mg
Trans	0g	Potassium	167mg
Polyunsaturated	1g	Vitamin A	4IU
Monounsaturated	4g	Vitamin C	0mg
Carbs	11g	Calcium	18mg
Fiber	3g	Iron	1mg
Sugar	6g		



Spiderweb Guacamole

8 ingredients · 15 minutes · 4 servings



Directions

1. In a bowl, mash the avocado with a fork. Add the lime juice, red onion, cilantro, and salt. Mix to combine.
2. Smooth out the top of the guacamole with the back of a spoon. Taste and add more salt or lime juice if desired
3. Add the sour cream into a plastic bag and cut a small part of the tip off. Make three to four concentric circles (depending on the size of the bowl used). Use the tip of a knife to pull the center circle out to create a web.
4. Garnish the guacamole with olive slices in the form of a spider. Serve with tortilla chips and enjoy!

Ingredients

- 2 Avocado (large, halved, pits removed)
- 1/2 Lime (large, juiced)
- 3 tbsps Red Onion (finely chopped)
- 2 tbsps Cilantro (finely chopped)
- 1/4 tsp Sea Salt
- 2 tbsps Sour Cream
- 1 tbsp Black Olives (pitted and sliced)
- 4 cups Corn Tortilla Chips

Nutrition

Amount per serving

Calories	310	Protein	4g
Fat	22g	Cholesterol	4mg
Saturated	3g	Sodium	176mg
Trans	0g	Potassium	571mg
Polyunsaturated	4g	Vitamin A	238IU
Monounsaturated	13g	Vitamin C	12mg
Carbs	27g	Calcium	68mg
Fiber	8g	Iron	1mg
Sugar	2g		



Banana Ghosts

5 ingredients · 2 hours 40 minutes · 8 servings



Directions

1. Place parchment paper on a baking sheet. Take the wooden skewers and pierce the bananas until about 3/4 of the way through. Transfer to a freezer until hardened, about two hours.
2. In a small bowl, add the white chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
3. Remove the bananas from the freezer and dip into the white chocolate, using a butter knife to spread all around. Before it hardens, place the dark chocolate chips on the banana for the eyes and the cranberry for the mouth. Repeat with remaining bananas.
4. Return to the freezer for about 30 minutes, until set again. Serve and enjoy!

Ingredients

- 8 Barbecue Skewers
- 4 Banana (cut in half)
- 1 cup White Chocolate Chips
- 1/2 tsp Dark Chocolate Chips
- 1 tsp Dried Unsweetened Cranberries

Nutrition

Amount per serving

Calories	215	Protein	1g
Fat	9g	Cholesterol	0mg
Saturated	8g	Sodium	1mg
Trans	0g	Potassium	211mg
Polyunsaturated	0g	Vitamin A	38IU
Monounsaturated	0g	Vitamin C	5mg
Carbs	34g	Calcium	3mg
Fiber	2g	Iron	0mg
Sugar	26g		



Clementine Pumpkins

2 ingredients · 5 minutes · 4 servings



Directions

1. Cut the celery into thin strips that will fit the clementine. Place in the middle of the clementines, pressing down to secure. Enjoy!

Ingredients

- 1 stalk** Celery
4 Clementines (peeled)

Nutrition

Amount per serving

Calories	36	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	9mg
Trans	0g	Potassium	157mg
Polyunsaturated	0g	Vitamin A	45IU
Monounsaturated	0g	Vitamin C	36mg
Carbs	9g	Calcium	26mg
Fiber	1g	Iron	0mg
Sugar	7g		

Eyeball Caprese Bites

5 ingredients · 10 minutes · 8 servings



Directions

1. Lightly mash the mozzarella pearls to add texture and slightly increase their size.
2. Arrange the basil leaves on a large serving tray. Layer each leaf with one tomato, one mashed mozzarella ball, and a slice of black olive on top.
3. Drizzle with balsamic glaze and enjoy!

Ingredients

- 3 ozs Mozzarella Ball (pearls)
- 1/2 cup Basil Leaves
- 1/2 cup Cherry Tomatoes (halved)
- 1 tbsp Black Olives (pitted, sliced)
- 1 tbsp Balsamic Glaze

Nutrition

Amount per serving

Calories	39	Protein	3g
Fat	3g	Cholesterol	8mg
Saturated	2g	Sodium	61mg
Trans	0g	Potassium	38mg
Polyunsaturated	0g	Vitamin A	293IU
Monounsaturated	1g	Vitamin C	2mg
Carbs	2g	Calcium	60mg
Fiber	0g	Iron	0mg
Sugar	1g		



Candy Corn Fruit Kabobs

4 ingredients · 15 minutes · 5 servings



Directions

1. Thread the pineapple, cantaloupe, and banana onto the skewers. Using a knife slice just the outside edge of the banana so it forms a triangle. Serve and enjoy!

Ingredients

- 1 1/2 cups Pineapple (cut into squares)
- 1/2 Cantaloupe (medium, peeled, deseeded and chopped)
- 2 Banana (sliced thick)
- 15 Barbecue Skewers (cut in half)

Nutrition

Amount per serving

Calories	86	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	10mg
Trans	0g	Potassium	370mg
Polyunsaturated	0g	Vitamin A	1926IU
Monounsaturated	0g	Vitamin C	48mg
Carbs	22g	Calcium	14mg
Fiber	2g	Iron	0mg
Sugar	15g		

String Cheese Spiders

4 ingredients · 10 minutes · 3 servings



Directions

1. Cut the cucumber into 1 1/2-inch (4 cm) pieces. Scoop out the seeds from each cucumber piece using a knife and a spoon.
2. Insert the cheese stick into the hollow part of the cucumber.
3. Cut each side of the cheese stick vertically two times to create eight spider legs.
4. Add two cream cheese dots to each cucumber slice and stick the olives to the cucumbers as eyes. Enjoy!

Ingredients

- 1/2 Cucumber (medium)
- 2 1/2 ozs String Cheese
- 1/2 tsp Cream Cheese, Regular
- 1 1/2 tsps Black Olives (pitted, sliced)

Nutrition

Amount per serving

Calories	79	Protein	5g
Fat	6g	Cholesterol	18mg
Saturated	3g	Sodium	184mg
Trans	0g	Potassium	75mg
Polyunsaturated	0g	Vitamin A	57IU
Monounsaturated	0g	Vitamin C	1mg
Carbs	3g	Calcium	136mg
Fiber	0g	Iron	0mg
Sugar	2g		



Monster Apple Bites

4 ingredients · 15 minutes · 4 servings



Directions

1. Cut a wedge into the apples to make the mouth. Fill with sunflower seed butter and place the seeds inside to make the teeth.
2. Spread a little of the sunflower seed butter on the flat part of the chocolate chips and then adhere to the apples to make eyeballs. Serve and enjoy!

Ingredients

- 2 Apple (cored, quartered)
- 1/4 cup Sunflower Seed Butter
- 1 tbsp Pumpkin Seeds
- 1 tsp Dark Chocolate Chips

Nutrition

Amount per serving

Calories	165	Protein	4g
Fat	10g	Cholesterol	0mg
Saturated	1g	Sodium	2mg
Trans	0g	Potassium	206mg
Polyunsaturated	2g	Vitamin A	58IU
Monounsaturated	7g	Vitamin C	5mg
Carbs	17g	Calcium	17mg
Fiber	3g	Iron	1mg
Sugar	12g		



Spider Crackers

4 ingredients · 15 minutes · 4 servings



Directions

1. Spread the cream cheese onto each cracker. Break the pretzels in half then arrange them onto a cracker resembling spider legs. Place another cracker on top and lightly press down to secure. Set aside.
2. Repeat with the remaining crackers and pretzels. Lightly dip two cranberries into cream cheese before placing them onto the crackers to make eyes. Repeat with the remaining spider crackers. Enjoy!

Ingredients

2 tbsps Cream Cheese, Regular (plus more for cranberries)

1 1/16 ozs Whole Grain Crackers

8 ozs Pretzels (sticks)

2 tbsps Dried Unsweetened Cranberries

Nutrition

Amount per serving

Calories	288	Protein	7g
Fat	5g	Cholesterol	7mg
Saturated	2g	Sodium	802mg
Trans	0g	Potassium	148mg
Polyunsaturated	2g	Vitamin A	0IU
Monounsaturated	1g	Vitamin C	1mg
Carbs	54g	Calcium	22mg
Fiber	2g	Iron	3mg
Sugar	5g		



Stuffed Mushroom Eyeballs

7 ingredients · 30 minutes · 8 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet(s) with parchment paper.
2. In a bowl, mix together the cream cheese, cheddar, and garlic. Season with salt and pepper.
3. Arrange the mushroom caps on the prepared baking sheet(s). Divide the filling into each mushroom. Top each mushroom with a sun dried tomato slice and a black olive slice.
4. Cook in the oven for 14 to 16 minutes or until the mushrooms are tender. Let cool slightly before serving and enjoy!

Ingredients

- 1/2 cup** Cream Cheese, Regular (softened)
- 1 1/2 ozs** Cheddar Cheese (grated)
- 1** Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 16** White Button Mushrooms (stems and gills removed)
- 3 tbsps** Sun Dried Tomatoes (drained, thinly sliced)
- 3 tbsps** Black Olives (pitted, sliced)

Nutrition

Amount per serving

Calories	81	Protein	4g
Fat	7g	Cholesterol	19mg
Saturated	4g	Sodium	126mg
Trans	0g	Potassium	180mg
Polyunsaturated	0g	Vitamin A	88IU
Monounsaturated	2g	Vitamin C	1mg
Carbs	3g	Calcium	54mg
Fiber	1g	Iron	1mg
Sugar	2g		

