



# OCTOBER

## Savoring Halloween in Las Vegas: Healthy Eats for Kids and Families



**Monster Mouths: Playful and Nutrient-Rich**  
Turn apples into playful "Monster Mouths" by slicing them into wedges and adding a layer of peanut or almond butter. Place some raisins or mini marshmallows on top to create "teeth." It's a fun and healthy way to get some extra protein and fiber into your kids' diets while celebrating the Halloween spirit.

Halloween is a time of excitement, costumes, and, of course, sweets! But as parents and educators at school, we believe in making choices that promote the well-being of our children. This Halloween, let's explore some delightful and healthy sweets that you can enjoy with your kids and family, all while staying mindful of their nutrition. In this blog post, we'll introduce you to some scrumptious treats that are as delicious as they are wholesome.



### **Fruit-O-Lanterns: A Ghoulishly Good Idea**

Carving pumpkins is a classic Halloween tradition, but why not apply the same concept to fruits? Create "Fruit-O-Lanterns" by carving spooky faces into oranges, apples, or watermelons. These colorful and nutritious alternatives are loaded with vitamins and fiber. Your kids will have a blast making them, and they're perfect for snack time or as a refreshing dessert.

## Boo-nanas: A Spooky Twist on Bananas

Bananas are a fantastic source of potassium, and they make the perfect canvas for some Halloween fun. Create "Boo-nanas" by peeling bananas, cutting them in half, and adding chocolate chip eyes and a chocolate chip or raisin mouth. This simple yet spooky treat will surely delight your little goblins.



## Witch's Brew Smoothie: A Healthy Halloween Drink

For a nutritious Halloween drink that the whole family can enjoy, whip up a "Witch's Brew Smoothie." Blend together Greek yogurt, spinach, banana, and a touch of honey for sweetness. Add a few drops of green food coloring (optional) for that witchy touch. It's a tasty and green concoction that's packed with vitamins and calcium.

## Mummy Wraps: Fun with Whole Grains

Transform whole-grain tortillas into "Mummy Wraps" by spreading them with hummus or cream cheese, then using thin strips of string cheese or cucumber to create mummy bandages. Add olive slices for eyes, and you've got a savory, kid-friendly snack that's high in fiber and whole grains.



## Healthy Halloween Sweets for a Spooktacular Time

This Halloween, as you celebrate with your kids and family in Las Vegas, remember that making healthier sweet choices can be just as enjoyable. These creative and nutritious treats will not only satisfy your sweet tooth but also promote a balanced diet and well-being. So, go ahead and enjoy these wholesome Halloween sweets with your little witches and wizards, and have a safe and spooktacular holiday!

