

Apple Monsters



APPLE MONSTERS

ingredients

2 green apples - cored and quartered
2 tablespoons peanut or other nut butter
A few strawberries, thinly sliced
Raisins, dried cranberries, or candies for eyes

OPTIONAL: Shelled sunflower seeds for teeth

directions

Cut a slice out of the skin side of the apple quarters, try not to cut all the way through. Fill each wedge with peanut butter. Add a strawberry slice for a tongue and add eyes using peanut butter as glue. Insert sunflower seed along the inside top of the wedge to look like teeth.

notes

Try giving your monsters different numbers of eyes, two tongues, or other spooky looks!

SPFC

ST. PETE FREE CLINIC

SERVE PEOPLE. FEED COMPASSION.