

# Healthy Recipe for October 2011

## Fun & Healthy Apple Bites for Halloween

### Ingredients:

Apples  
Silvered almonds

### Method:

- Quarter and core an apple, cut a wedge from the skin side of each quarter, then press silvered almonds in place for teeth.

### Tips:

If you do not plan to serve these right away, add a teaspoon of orange juice or lemon juice on the apples to keep them from browning.

Source: <http://familyfun.go.com/halloween/halloween-recipes/halloween-snacks/apple-bites-688193/>