

Fall Apple Sandwiches



Ingredients:

- Apple of choice (Choose from Gala, Red Delicious, Golden Delicious, Granny Smith, Fuji or another favorite of yours!)
- Peanut butter or low-fat cream cheese to fill
– Use about 1-2 tablespoons for one apple
- Dash of cinnamon
- Lemon juice (to prevent apples from browning)
*optional

Steps:

- Core apple
- Cut apple perpendicular to core to make slices (will look like round discs)
- Squeeze lemon juice over slices
- Spread filling on one apple slice, sprinkle with cinnamon and top with another apple slice
- Repeat steps until all slices are used
- Enjoy!

Make it your own by adding additional toppings such as raisins, granola or mini chocolate chips!

Peanut Butter & Jelly Pinwheels



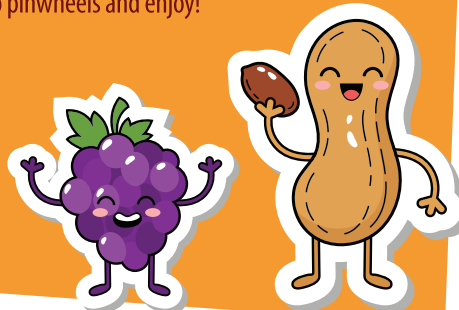
A great snack for back-to-school!

Ingredients:

- Whole wheat tortilla
- Peanut butter
- Cut berries, banana or jelly

Steps:

- Spread about 1 tablespoon of peanut butter on tortilla
- Spread jam across tortilla or lay berries or banana in middle of tortilla
- Roll up tortilla, making sure fruit doesn't spill out
- Slice into pinwheels and enjoy!



Spooky Spider Crackers



Ingredients:

- Ritz® or any round crackers
- Filling:
 - Peanut butter
 - Cream cheese
 - Hummus
- Pretzel sticks for legs
- Raisins for eyes

Steps:

- Lay out 2 crackers to make one spider
- Put filling of choice on each cracker
- Split four pretzels in half and stick on each side of the cracker
- Place another cracker on top
- Stick raisins on as eyes on top using more filling as "glue"
- Repeat to make as many as needed (about 3-4 as a serving)
- Share your spooky treat with friends and family!