
Tummy Mummies

Ingredients

- Wholegrain English muffins
- Pizza sauce
- Black olives
- Cheese sticks or slices

Instructions

1. Heat the oven to 350° F. For each mummy, spread a tablespoon of pizza sauce onto half of a toasted English muffin
2. Set olive pieces in place for eyes.
3. Lay strips of cheese across the muffin for the mummy's wrappings.
4. Bake for about 10 minutes or until the cheese is melted.

Lil' Pumpkin Bites

Ingredients

- Sliced cheese
- Sun-dried-tomato tortillas
- Toothpicks
- Cilantro or parsley sprigs

Instructions

1. Lay American cheese slices on sun-dried-tomato tortillas.
2. Roll them up, then cut into 1-inch sections. Secure with a toothpick.
3. Top with a cilantro or parsley sprig.

Freaky Fingers

Ingredients

- Mozzarella string cheese
- Green bell pepper or sliced toasted almonds
- Cream cheese

Instructions

1. Use a paring knife (parents only) to cut each string in half and then carve a shallow area for a fingernail just below the rounded end of each half.
2. Mark the joint right below the nail as well as the knuckle joint by scoring tiny horizontal wedges.
3. For the fingernails, slice a green bell pepper into finger-wide strips. Then cut the strips into ragged-topped nail shapes and stick them in place at the ends of the fingers with dabs of cream cheese. Sliced, toasted almonds can be used in place of peppers.

Spooky Spiders

Ingredients

- Round, whole wheat crackers
- Cheese spread OR peanut butter
- Mini pretzel sticks
- Raisins

Instructions

1. Spread cheese spread or peanut butter on one cracker.
2. Place another cracker on the filling.
4. For the legs, insert 8 mini pretzel sticks into filling between the crackers.
5. For the eyes, place two tiny dollops of cheese spread or peanut butter on top of one of the crackers and affix two raisins.