



# I.P.A KIDS COOKING

## Munchy Apple Minions



Say goodbye to the sugar-fuelled ghosts of Spooky snacks. Here is a spooktacularly healthy snack that will keep the kids happy without sending them into a hyperactive overdrive.

### Ingredients

2 green apples, each quartered  
Peanut butter  
32 sunflower seeds  
3 strawberries, sliced  
1-2 sugar eyes per monster



### DIRECTIONS

1. Cut the middles out of each quarter of the apple to create a mouth.
2. Coat the inside of the cut gap with a filling of peanut butter.
3. Stick 4 sunflower seeds into the top of the mouth like jagged little teeth.
4. Add 1 sliced strawberry inside the mouth – it's the tongue.
5. Add a dot of peanut butter to each eye and stick onto the apple above the mouth.