

True Oldies



Exclusive Radio Recipes

By Laura Kurella

Ghoulish Grins

Red apples
Peanut butter
Peanuts
Marshmallows
And, anything else you
can think of



Cut apples in half, remove core and cut into 3/4-inch slices. Spread peanut butter thickly on one slice of apple then top with another apple slice, keeping the red skin part of the slices on top of one another and both facing forward to make the lips. Cut marshmallows into small pieces or use peanuts. Stand them on end—on top of the peanut butter between the two apple slices—to make crazy looking teeth.



Adult Grim Alternative

Instead of marshmallows to make the teeth, use nuts!

The teeth can be made from regular peanuts and the fangs are easily created with whole cashews.

This simple substitution lowers the sugar content and ups fiber and protein while retaining a nice and nutty, delicious flavor that adults prefer.