

# Monster apples

## Halloween Special

TRY THE NUT-FREE, GLUTEN-FREE AND SOY-FREE TERRIFICITY  
MONSTER APPLES RECIPE



**Preparation time:** 10 minutes

**Yield:** 4

### INGREDIENTS

- 1 green apple
- sunflower butter
- 20 sunflower seeds
- 2 strawberries, sliced
- 8 googly eyes

### INSTRUCTIONS

- 1- Slice the apple into 4 pieces.
- 2- Cut the middle of each quarter to create a mouth.
- 3- Coat the inside of the cut space with a filling of sunflower butter.
- 4- Place 5 sunflower seeds on top of the mouth for this shape of teeth.
- 5- Place 1 sliced strawberry in mouth for tongue.
- 6- Put each googly eyes above the mouth with a dab of sunflower butter underneath to fix them in place.

14g of carbs per monster

