

Monster Bites

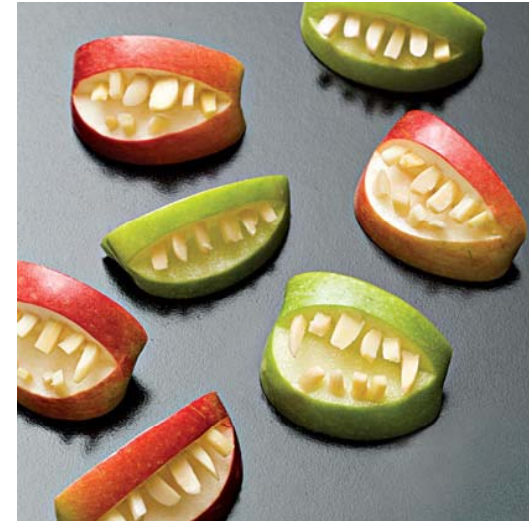
Ingredients:

Apple

Slivered Almonds

*Recipe found at www.familycircle.com

Using an apple corer, slice a clean apple. Insert almonds to look like teeth and arrange the apples so they form a mouth.



Pump it Up: Work on your balance. **Tree Pose:** Stand with feet shoulder width apart. Shift your weight to your right leg. Slowly lift your left leg so your knee is pointing outward and your left foot is resting on your right inner thigh. Clasp your hands in front of you. If you are comfortable in this position lift your clasped hands above your head and hold for up to 60 seconds. Repeat on the other side.

Food for Thought: Almonds are considered a super food because they are a great source of nutrients such as calcium, magnesium, iron, and Vitamin E. Eat up!

