

Monster Bites

Ingredients:

- Slivered almonds
- Apples

*Recipe found at www.familycircle.com

Directions: 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 you leg so your knee is pointing outward and your left foot is resting on your 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 up for 60 seconds. Repeat on the other side.



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

Tasty Thoughts: _____

