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SPOOKY SMOOTHIES!

Halloween fun for family and friends!

SULLY'S BOO-BERRY SCARE

YOU WILL NEED

1/2 cup of blueberries
1 small banana

1/2 cup of ice
6 ounces of filtered water

DIRECTIONS

1. In a blender, blend the blueberries and small banana with the ice and filtered water until smooth.
2. Divide into four glasses and serve.

MIKE'S GREEN MANGO MUCK

YOU WILL NEED

1/2 cup mango
1/2 cup pineapple
3 leaves of green kale (stems removed)
1/2 cup of ice
6 ounces of coconut milk

DIRECTIONS

1. Put mango, pineapple, kale, ice and coconut milk into a blender. Blend on high until smooth.
2. Pour smoothie into serving glasses. Place candy eyes and pineapple triangles on top.

ART'S PURPLE ODDNESS

YOU WILL NEED

1/2 cup dragon fruit, peeled
5 large strawberries
1 small banana, peeled
1/2 cup of ice
6 ounces of filtered water

DIRECTIONS

1. Put dragon fruit, strawberries, banana, ice and filtered water into a blender. Blend on high for 30 seconds or until smooth.
2. Divide into four glasses and serve.

TERRI & TERRY'S OJ CARROT CREAM

YOU WILL NEED

2 carrots
1/2 cup vanilla coconut creamer
1/2 cup orange juice
1 cup of ice

DIRECTIONS

1. Put ingredients into a blender. Blend on high until smooth.

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HALLOWEEN RECIPES!

Frighteningly Delicious!

Pumpkin Slug Glazed Doughnut Holes

INGREDIENTS: Yield: Approximately 2 dozen

- | | |
|--|-----------------------------|
| 2 1/4 Cups all-purpose flour | 1 Teaspoon dry active yeast |
| 1 1/2 Cups granulated sugar
(2/3 cup for dry mix; 3/4
cup for final dusting) | 1 1/2 Teaspoon kosher salt |
| 1 1/2 Teaspoon baking
powder | 1 Lemon, zested |
| 1/2 Teaspoon baking soda | 2 Cage-free eggs |
| | 2 Ounce butter, melted |
| | 2/3 Cup buttermilk |
| | 2 Teaspoon vanilla extract |

- 4 Cups canola, rice bran or
peanut oil, for frying

For The Pumpkin Glaze:

- 1 Box powdered sugar
1/2 Cup pumpkin puree
1 Teaspoon vanilla extract

- 1/4 Cup milk
1/4 Teaspoon salt
1/2 Teaspoon cinnamon
1/4 Teaspoon ground nutmeg
1/4 Teaspoon ground cloves

DIRECTIONS: ADULT SUPERVISION REQUIRED

- 1) Fill a large, heavy-duty saucepan halfway with canola oil. Pre-heat oil in a large pot over medium heat to 350° F degrees. Maintain temp to within 10° F using a candy thermometer.
- 2) Line a baking sheet with paper towels. Set aside.
- 3) In a medium bowl, sift together the flour, 2/3 cup sugar, baking powder, baking soda, yeast and salt and set aside.
- 4) In a separate medium bowl, whisk the melted butter into the eggs followed by the buttermilk, lemon zest and vanilla extract. Form a well in the center of the dry ingredients and pour the wet ingredients into the dry. Gently combine the wet and dry ingredients with a spatula or wooden spoon. Do not over-mix or the doughnuts will be tough.

- 5) To fry the doughnuts, drop generous tablespoon sized amounts of batter into the preheated oil. Cook several minutes on each side until golden. Remove from the oil and drain on the baking sheet lined with paper towels. Repeat until all batter is fried.
- 6) Let the doughnuts cool completely before glazing.

For The Pumpkin Glaze:

- 1) Sift powdered sugar. Place all ingredients in medium bowl. Whisk until smooth.

To Serve: Dip each doughnut in the pumpkin glaze. Place on a cooling rack until the glaze sets.



Mike's Rosemary Nail Biters

INGREDIENTS: Yield: 1 Pound Nuts

- | | |
|--------------------------------|------------------------|
| 1 Pound Skin-On
Raw Almonds | Pinch Cayenne |
| 6 Sprigs Fresh Rosemary | 1 Dash Vanilla Extract |
| 2 Tablespoons Kosher Salt | 1/2 Cup Sugar |
| | 1/4 Cup Water |

DIRECTIONS: ADULT SUPERVISION REQUIRED

- 1) Preheat Oven to 350° F.
- 2) Combine sugar & water in a sauce pot. Stir over medium high heat to a boil creating syrup. Add cayenne, vanilla extract & salt. Remove from heat and set aside.
- 3) De-stem rosemary and chop leaves (approximately 1/3 cup). In a large bowl, evenly coat the almonds with rosemary and simple syrup.
- 4) Spread almonds over a parchment lined sheet pan and bake for 9 minutes. Remove from oven, they should be bubbling vigorously. Immediately stir almonds on the sheet pan to coat in the hot syrup again.
- 6) Once cooled, break the nuts apart being careful of sharp edges. Store in an airtight container for up to one week.

Tip: Other herbs can be substituted as well as sliced or slivered almonds.



Sludge-Aid Mulled Cider

INGREDIENTS: Yield: Serves 16 people

- | | |
|------------------------------------|--|
| 1 Gallon Farm Fresh
Apple Juice | 1 Orange peel (with
as little pith as possible) |
| 8 Cinnamon Sticks | 1 750 ml Bottle Sparkling
Pear Cider |
| 6 Whole Allspice | Ice cubes |
| 4 Star Anise | |
| 4 Whole Cardamom | |

DIRECTIONS:

ADULT SUPERVISION REQUIRED

- 1) Using a medium pot bring all but the sparkling cider to a boil on the stove top. Remove from the heat and cover. Let steep for one hour.
- 3) Strain and chill before adding ice and sparkling pear cider.

Tip: Strain and re-heat for hot apple-pear cider



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Monstrous DIFFERENCES!

Monstrous Spot The Difference COMPETITION!

There are 32 differences in this MONSTROUS Monsters University spot the differences puzzle. Go head to head with your partner to see who can spot the most differences in 5 minutes. Ready. Set. GO!



ANSWERS: 1-James P. "Sulley" Sullivan's jacket letter upside down (Blue monster front-center). 2-James P. "Sulley" Sullivan's smile. 3-James P. "Sulley" Sullivan's button. 4-Mike Wazowski's smile (Green monster front-center). 5-Mike Wazowski's book color. 6-Archie the Scarer Pig changed clothing (Orange, six-legged monster front-center). 7-Archie the Scarer Pig changed position. 8-Art added another armband (Purple monster left-front). 9-Dan Carlton's mouth closed (Blue shirt monster left-front). 10-Scott "Squishy" Squibbles arm (Blue MU shirt monster right-front). 11-Scott "Squishy" Squibbles hat. 12-Ms. Squibbles hair roller (Floral shirt monster right-front). 13-Ms. Squibbles dress color. 14-Randall "Randy" Bogg's glasses color (Purple monster right-front). 15-Randall "Randy" Bogg's sweater color. 16-Reggie Jacobs two upper fangs (Green monster left-center). 17-Dink Prath is missing a tooth (Yellow monster left-center). 18-Terri & Larry Perry eye half closed (Yellow monster right-center). 19-Terri & Larry Perry arm lowered. 20-Kosic Levin's glasses (Gray monster right-center). 21-Rosie Levin's mouth position. 22-PNK changed position (Pink monsters left-center). 23-Jimmy Worthington's sweater letter missing (Purple monster right-center). 24-Joyner Rios sweater liner color (Blue monster with antenna's left-rear). 25-Debbie Gable moved (Turquoise one-eyed monster left-rear). 26-Nadya Petrov moved (Purple monster left-rear). 27-George Sanderson's flag missing (Orange monster right-rear). 28-Ray "Big Red" O'Growlman wearing foam hand (Red monster left-rear). 29-Chip enters the scene (Orange and yellow flying monster right-rear). 30-Background sidewalk missing. 31-Dorm window missing. 32-Tree added at base of dorm.



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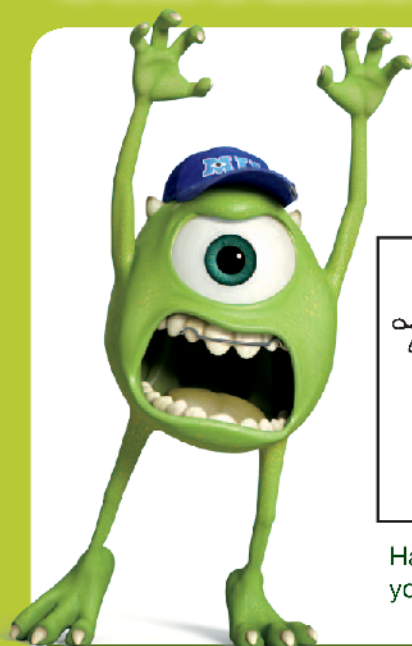
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PUMPKIN CARVING!

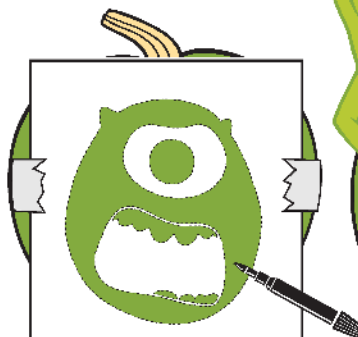
The scariest house on the block!

YOU WILL NEED:

- ★ Non-Toxic Green Paint
- ★ Black Marker
- ★ Spoon
- ★ Scissors
- ★ Tape
- ★ Knife



Have an adult help you cut out stencil



Secure with tape and outline with marker



Carefully scrape away along template. Tape arms to sides.

How to make you Mike Wazowski Monster Lantern

Have an adult help you with this activity!

Step 1:

Paint your pumpkin green like Mike! Let dry.

Step 2:

Make a lid for your pumpkin. Cut a circle or a hexagon at least 5 inches in diameter around the pumpkin's stem. Make sure to cut out the lid at an angle (so that the outside edge is larger than the inside) to keep it from slipping inside.

Step 3:

When the lid is free, scrape the inside of the pumpkin and the lid clean of seeds and pulp with a large metal spoon.

Step 4:

Print out the following pages which include the pumpkin carving template and the arm template. Ask an adult to help you cut out each template along the dashed lines. Put the arms aside for later.

Step 5:

Tape your carving template to the pumpkin. Trace around the inside edge with your marker. Remove the stencil and tape.

Step 6:

Ask an adult to help you use pumpkin carving tools to scrape away and remove the outermost skin of the pumpkin within the outline of the shape.

Step 7:

Fold the arm template in half and tape both sides together. Then tape each arm to the opposite sides of your pumpkin in the upward direction.

Step 8:

Place an LED candlelight inside your pumpkin, put on the lid, turn out the lights and enjoy the spooky glow of your Mike Wazowski Monster Lantern.



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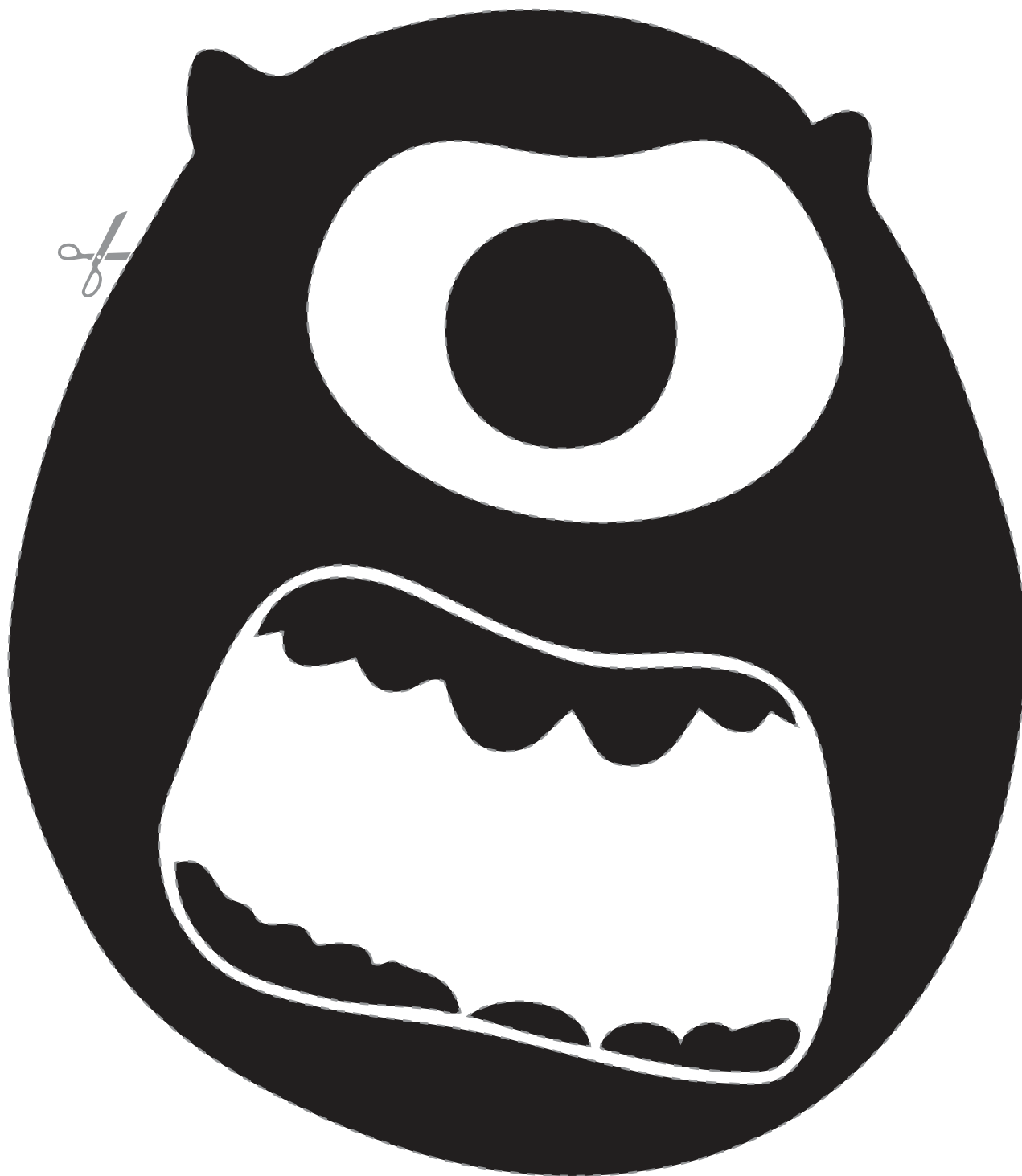


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Mike Wazowski Pumpkin Carving Template

Have an adult help you cut out this template. Do not cut to the outside edge of your paper. Tape the paper to your pumpkin and trace onto the pumpkin.



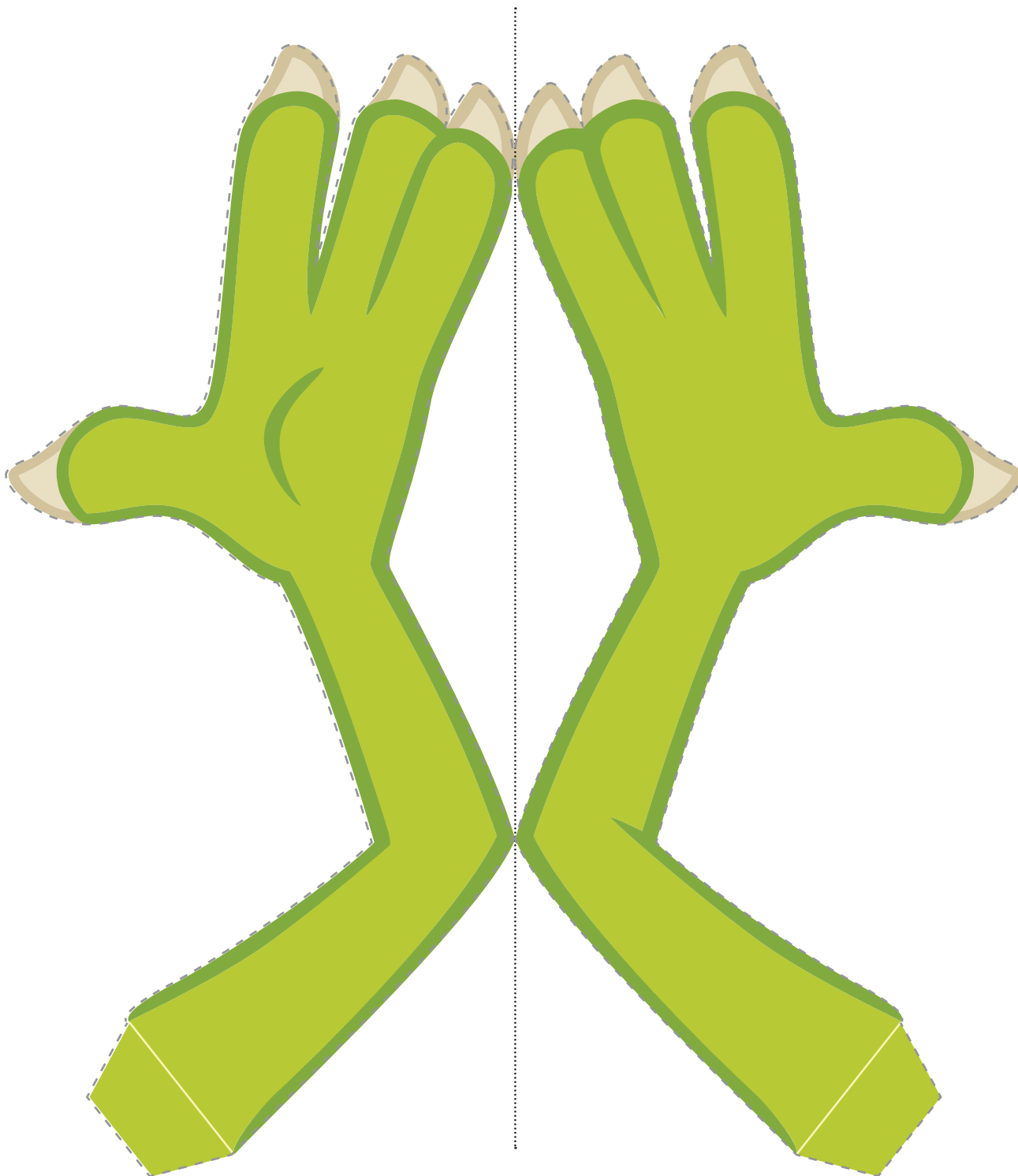
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Mike Wazowski Arm Template

Print and fold this page on the dotted line. Have an adult help you cut this arm template along the dashed lines.



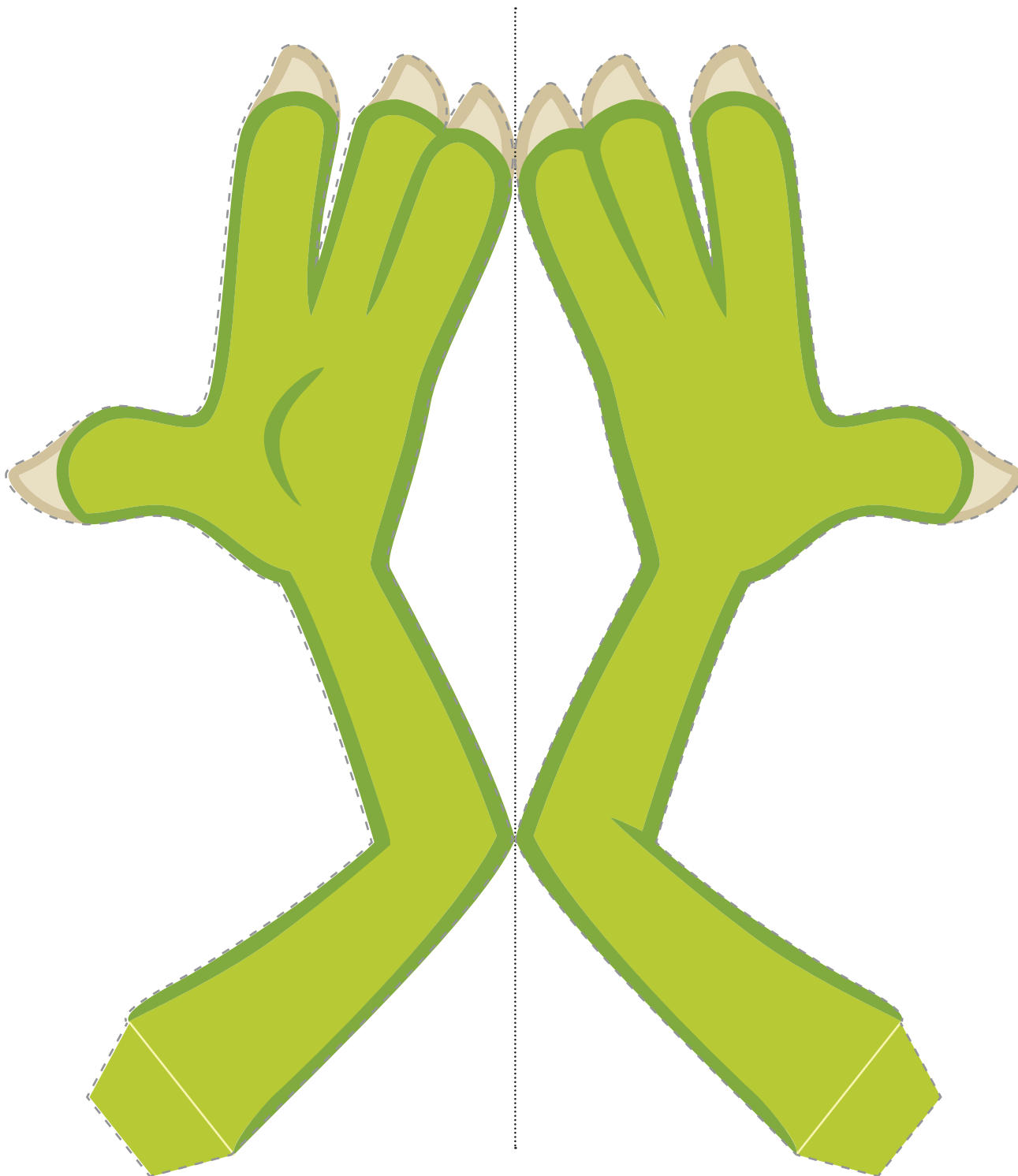
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Mike Wazowski Arm Template

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