Apple monster bites

Read the full guide before you begin. Use this worksheet to record your own measurements, quantities and choices.

SUPPLIES TO CHECK

Apples, lemon juice if desired, smooth spread, sliced strawberries, appropriate edible teeth

01 PLAN

Wash fruit and use an adult-handled knife to cut broad apple wedges. Remove core and seeds. Use a small amount of suitable lemon juice if desired, understanding that taste and browning vary.

02 DETAILS

Add a little spread to the cut face, then a thin strawberry tongue. Use soft age-appropriate decorations for young children rather than hard seed teeth. Check all spreads and decorations for allergens.

03 FINAL CHECK

Assemble near serving and keep prepared fruit chilled. This is a serving-layout idea; choose food shapes and sizes appropriate for each guest. Adapt shapes and ingredients to the guests' ages and needs.

MY MEASUREMENTS / QUANTITIES / CHANGES

Safety: Hard raw apple, seeds and thick nut or seed butter can be choking hazards for young children. Adapt food to the child and supervise eating. See CDC choking guidance.