



FIT ACTIVE LIFE

Slow Cooker Spooktacular Menu Ideas

NASTY NIBBLES

Buffalo Chicken Dip
Honey Garlic Meatballs
Taco Tator Tots - 2 Ways

DINNER OF THE DEAD

Braised Short Ribs
w/Cheesy Grits
Salsa Verde Chicken (tacos)
SHRIMP SCAMPI WITH
SPAGHETTI SQUASH

SPOOKTAILS

Salted Caramel Hot Chocolate
(ps. add a shot of Bailey's)
Mulled Wine
Hot Buttered RumChata

