

HEALTHY CELEBRATIONS



Halloween

Apple Bites

Ingredients

- Apples
- Broken up banana chips OR almond slivers

Instructions

1. Quarter and core an apple, cut a wedge from the skin side of each quarter, and press banana chips in place for teeth.

Note: If you are not going to serve the apple bites right away, baste the apples with orange juice to keep them from browning.



Carrot-Carved Pumpkin

Ingredients

- Nutritious dip (see the *Healthy Dips and Sauces* resource page for options)
- Baby carrots
- Crown of broccoli for the pumpkin stem
- Your choice of cucumber or other vegetables to create the mouth

Instructions

1. On a large platter, organize the baby carrots or other vegetables of your choice into the shape of a pumpkin. Use small containers filled with dip to create the eyes.

Note: Try making other festive shapes with vegetables like a skeleton, spider, or a graveyard scene.



Eyeballs

Ingredients

- Carrots
- Nutritious dip (see the *Healthy Dips and Sauces* resource page for options)
- Pitted black olives, blueberries, or raisins

Instructions

1. Slice carrots into one-inch-thick chunks, top each with the nutritious dip, and one half of a pitted black olive, raisin, or blueberry. Serve and enjoy!



Finger Food

Ingredients

- Nutritious dip (see the *Healthy Dips and Sauces* resource page for options)
- Carrots and other vegetables of your choice
- Banana chips or almonds

Instructions

1. Fill a serving bowl with a nutritious dip.
2. Peel and cut carrots or other vegetables to create long goblin-like fingers.
3. Using a paring knife, cut a flat, shallow notch on the tip of each finger, then use dip to attach a banana chip or almond on each notch.
4. Place the goblin fingers into the dip, and serve with plenty of carrots and other vegetables for dipping.



Cheesy Fingers

Ingredients

- Mozzarella string cheese
- Green bell pepper
- Nutritious dip (see the *Healthy Dips and Sauces* resource page for healthy options)



Instructions

1. Using a paring knife, cut each string cheese in half. Then carve a shallow area for a fingernail just below the rounded end of each half.
2. Make knuckle joints by carving out tiny horizontal wedges of cheese (see image).
3. For the fingernails, slice a green bell pepper into small strips and stick them on as fingernail using the nutritious dip.