

# HEALTHY HOLIDAY CELEBRATIONS

## HALLOWEEN

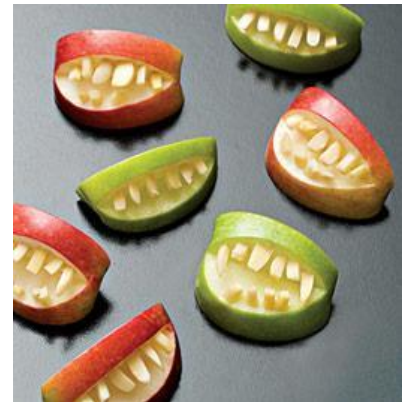
### Apple Bites

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



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### 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.

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## 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.



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## Cheesy Fingers

### Ingredients

- Mozzarella sting 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.