

HEALTHY HOLIDAY CELEBRATIONS

St. Patrick's Day

Rainbow Fruit Skewers

Ingredients

- Assorted fruits (strawberries, melons, pineapple, kiwi, blueberries, red grapes)
- Skewers

Instructions

- Wash and cut fruit to appropriate size for children.
- Skewer the fruit, and enjoy!



Kiwi Shamrocks

Ingredients

- Kiwi
- Clover-shaped cookie cutter

Instructions

- Peel kiwi and slice.
- Using a mini clover-shaped cookie cutter, stamp out shamrocks from kiwi slices.



Irish Flag Kabobs

Ingredients

- Carrots
- Green pepper
- Cauliflower
- Tooth picks



Instructions

- Cut vegetables into small, long pieces.
- Place 2 pieces of carrot on toothpicks, then 1 piece of cauliflower, and then a piece of pepper.

Shamrock Green Peppers

Ingredients

- Green peppers

Instructions

- Slice a green pepper widthwise; it will reveal a shamrock or lucky four-leaf clover shape.
- Slice another pepper lengthwise to create stems.
- Put the two together on the plate when serving.



Leprechaun Hats

Ingredients

- Cucumber
- Yellow bell pepper
- Honey
- Small square cutter



Instructions

- Cut cucumbers into 1-inch cylinders . One cylinder makes 2 hats.
- Stand your cucumber cylinders up, and cut down the middle. Lay them cut- side down. Those are the tops of the hats.
- Use the rest of your cucumber to cut cucumber sticks to be the lip of your hats. Cut a cucumber cylinder larger than your top hat cylinder. Cut those in half, and then cut to make cucumber sticks.
- Cut a few squares out of yellow bell pepper.
- Use a knife to cut some strips of cheese.
- Assemble the hats: you need half a cucumber cylinder, one cucumber stick, one yellow bell pepper square and one piece of cheese. You can use a little bit of honey or agava nectar to glue down the cheese and bell pepper.