

# HEALTHY HOLIDAY CELEBRATIONS

## IDEAS FOR ST. PATRICK'S DAY CELEBRATIONS

### RAINBOW FRUIT SKEWERS

#### Ingredients

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

#### Instructions

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



### KIWI SHAMROCKS

#### Ingredients

- Kiwi
- Clover-shaped cookie cutter

#### Instructions

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



# HEALTHY HOLIDAY CELEBRATIONS

## IRISH FLAG KABOB

### Ingredients

- Carrots
- Green pepper
- Cauliflower
- Tooth picks



### Instructions

1. Cut vegetables into small, long pieces.
2. 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

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



# HEALTHY HOLIDAY CELEBRATIONS

## LEPRECHAUN HATS

### Ingredients

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

### Instructions

1. Cut cucumbers into 1-inch cylinders . One cylinder makes 2 hats.
2. Stand your cucumber cylinders up, and cut down the middle. Lay them cut- side down. Those are the tops of the hats.
3. 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.
4. Cut a few squares out of yellow bell pepper.
5. Use a knife to cut some strips of cheese.
6. 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.

