

Healthy Celebrations - Halloween

Try these healthy snacks for Halloween parties or in a lunch for a spooky surprise!

APPLE BITES

Ingredients

- Apples
- Broken up banana chips

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.

Adapted from www.Familyfun.go.com



CARROT CARVED PUMPKIN

Ingredients

- Nutritious dip (see the “Healthy Dips and Sauces” page for healthy options)
- Baby carrots
- Crown of broccoli to create stem
- Your choice of cucumber or other vegetable to create the mouth

Instructions

1. On a large platter, organize the baby carrots and other vegetables of your choice into the shape of a pumpkin. Use small containers filled with dip to create the eyes. Try finding other fun Halloween shapes to create and enjoy!

Adapted from www.blogs.babycenter.com



EYEBALLS

Ingredients

- Carrots
- Nutritious dip (see the “Healthy Dips and Sauces” page for healthy options)
- Pitted black olives, raisins or blueberries (based on preference)

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, and serve.

Adapted from www.familyfun.go.com



CARROT FINGER FOOD

Ingredients

- Nutritious dip (see the “Healthy Dips and Sauces” page for healthy options)
- Carrots and other vegetables of your choice
- Banana chips or almonds
- Baby carrots

Instructions

1. Fill a serving bowl with a nutritious dip.
2. Peel and cut carrots to create four longer goblin fingers and one short piece for the goblin thumb.
3. Using a paring knife, cut a flat, shallow notch in the tip of each carrot. Then use a ½ tsp. of the dip to ‘glue’ a banana chip or almond fingernail on each notch.
4. Place the “goblin fingers” and “thumb” into the dip to create the look of a hand.
5. Serve with plenty of carrots and other vegetables for dipping.

Adapted from www.spoonful.com



THE HAUNTED GRAVEYARD

Ingredients

- 1/2 cup fresh spinach
- 1 ½ cup of hummus (See “Healthy Dips and Sauces” page)
- Broccoli
- Celery
- Pretzels
- Hard-boiled eggs
- “Choose Most Often” Crackers (Triscuits original - low sodium)
- Black olives
- Edible marker
- Carrot sticks

Instructions

1. In a food processor, puree the spinach and hummus.
2. To make the “egg ghosts” (see picture) cut holes in the egg for eyes and mouth and then insert black-olive facial features.
3. Use an edible marker to draw on crackers to create the look of tombstones.
4. Mound the pureed spinach and hummus on a tray and top it with broccoli and celery “trees”, a pretzel fence, egg ghosts, and cracker tombstones.

Adapted from www.familyfun.go.com



CHEESY FINGERS

Ingredients

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



Instructions

1. Wearing plastic gloves or sandwich bags over your hands to keep the cheese as smudge-free as possible, use a paring knife to cut each string in half and then carve a shallow area for a fingernail just below the rounded end of each half.
2. Mark the joint right below the nail as well as the knuckle joint by carving out tiny horizontal wedges of cheese, (as pictured).
3. For the fingernails, slice a green bell pepper into 3/8-inch-wide strips. Set the strips skin side down on your work surface and trim the pulp so that it's about half as thick. Then cut the strips into ragged-topped nail shapes and stick them in place at the ends of the fingers with dabs of the nutritious dip.

Adapted from www.familyfun.go.com

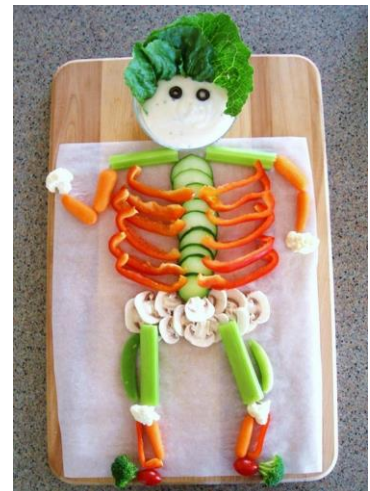
VEGGIE SKELETON

Ingredients

- Celery
- Carrots
- Mushrooms
- Red bell pepper
- Yellow bell pepper
- Cucumber
- 1/2 cup of hummus (or another dip of your choice from the “Healthy Dips and Sauces” page)

Instructions

1. On a large platter, assemble vegetables in the shape of a skeleton. Be creative - you do not have to use the same vegetables or organization as the picture provided.
2. Pour the 1/2 cup of hummus or dip into a small bowl in order to create the skeleton's head. Once the bowl is in place on the platter, use available veggies to create facial features with the hummus.



Adapted from www.pbfingers.com

For more healthy ideas, please see you School Health Facilitator.