



Frightening Feast!



Halloween, on 31st October, is a great excuse for a party! Try making some of these spooky treats for your family or friends. Make sure you have an adult to help you and remember to wash your hands first.



Vampire fangs

These fangs are super tasty, easy to make and healthy too! Wash a Red Delicious apple and ask an adult to help you cut it into slices. Dip the slices in lemon juice to stop them turning brown. Make a blood dip by mixing together a can of tinned strawberries – you might need to ask an adult to use a blender to do this. Pour the mixture into a bowl and balance the apple fangs around the edge.



Pizza mummies

To make 6 mummies cut 3 wholegrain muffins in half and toast them lightly. Make some pizza sauce by mixing together 3 tablespoons of low-salt tomato ketchup and 1 teaspoon of tomato purée. Spread the pizza sauce on the muffins and add black olive slices and bits of green pepper for eyes. Drape thin slices of low-fat cheddar cheese (or grated cheese) over the muffin to look like bandages. Ask an adult to grill the muffins for about 10 minutes or until the cheese has melted.



Frankenstein fingers

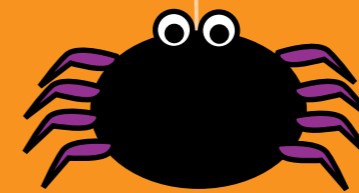
Wash 5 carrots. Try to pick 4 long ones for fingers and 1 short one for the thumb. Ask an adult to carve a small hole at the top of each carrot for the fingernail. Then stick a sliced almond fingernail on top of each hole using low-fat cream cheese. Serve with monster mash and plenty of peeled carrots for dipping.



Eerie eyes



To make an eerie eye lay out a dried apple ring and put a dried apricot on top. Finish it with a raisin for the pupil!



Wicked witch

To make a Wicked witch ask an adult to cut a pear in half lengthways. Cut a small piece from the top of the pear where the hat will sit. Use this piece to make a nose. Carefully carve a small hole where you want the nose to be and push it in. Use raisins for the eyes and the wart. Add a small piece of red apple for the mouth, and some strips of carrot for the hair. Make a witch's hat out of black card and a pipe cleaner to finish it off!



Spooky smoothie

Ask an adult to blend a cupful of skimmed milk with 5 strawberries and 5 blackberries. If you can't find fresh strawberries tinned ones will work too.

Visit www.greatgrubclub.com to find out how to make a pumpkin lantern



Monster mash

This tasty dip goes really well with Frankenstein fingers! To make it, mix together the flesh of 4 ripe avocados, 3 tablespoons of low-fat sour cream, 4 tablespoons of tomato salsa and 2 teaspoons of lemon juice.