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10 Creepy Ways to Play with Your Food

SEPTEMBER 29, 2015 BY ALLISON STOWELL

Halloween gives us an excuse to play with our food. Carrots can become fingers while blueberries can take on the look of eyeballs. With a little creativity you can turn ordinary (dare I say sometimes “skipped over”) fruits and vegetables into the star of the show at your next Halloween party. So, think like a kid and bring on the Halloween fun with these spooky, yet perfectly healthy, Halloween “treats.”



[“I Ain’t Afraid of No Ghost Green-Slime” smoothie](#): Pass this secretly great-for-you smoothie as green slime and watch your Ghostbusters gulp it down.

Monster Fruit Bowl: Clean out a pumpkin and then carve to look like the mouth of a scary monster or goblin. *Carve so that you can fill with diced fruit that appears to be falling out of the mouth onto the table or so that it can be easily scooped out through the mouth.

[Carrot Fingers](#): Find perfectly “imperfect” carrots to create creepy fingers. Place them just right in a bowl and you will have a “handful” of freaky fingers.

[Green Goop Guac](#): This homemade guacamole is loaded with nutrients, but when it’s called “green goop” all the kids with focus on is how perfect it pairs with the creepy carrot fingers.

[Spooky eyeballs](#): Get past the “eek” factor and serve these blueberry eyeballs in a jar for a fun snack that *just happens* to look like, well...a jar of eyeballs!

[Buzz Feed: 26 Healthy Halloween Snack Hacks](#): With 26 ideas you are bound to find one that works for you!

Simple and Festive: With simple alterations, you can change the ordinary into a Halloween treat. Decorate the top of a [fruit cup](#) to look like a jack-o-lantern. Or slice bananas in half, insert a popsicle stick, dip in vanilla yogurt and place two mini chocolate chip “eyes” and create a “ghost” (kids will have fun doing this themselves at the party!).

[Pumpkin Bites](#): Made from sweet dates and pumpkin, these little “bites” can easily take on the look of a small goblin when decorated just right.

Candy Corn Parfait: Layer diced pineapple, honeydew and vanilla yogurt in a clear plastic cup for a parfait that resembles the Halloween staple.

“Apple Eyes” are Watching You: Skewer raisin “eyes” onto sliced apples using very small tooth picks or a tiny bit of frosting. Place them on a plate to give the appearance of several eyes watching you.

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ABOUT ALLISON STOWELL



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Allison J Stowell MS, RD, CDN uses her background as a food and nutrition expert to help others adopt healthier living. She frequently speaks to community groups and leads seminars on nutrition, balanced diet, and disease prevention. As Guiding Stars' Dietitian, Allison supports Guiding Stars partners in using Guiding Stars algorithms to educate the communities they serve.

Her thoughts on nutrition can be also found in her [Guiding Stars health and wellness blog](#). Allison also serves as a Retail Dietitian for Hannaford Supermarket, a Guiding Stars retail partner. Additionally, her professional journey includes maintaining a private practice that emphasizes a non-diet approach and increasing mindful eating to help her clients sustain positive health changes. She lives in Connecticut with her husband, two children and her dog Josie.

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