

LOOKING TO GET CRAFTY THIS HALLOWEEN?

HERE ARE SOME WAYS TO MAKE EDIBLE ART!



PIZZA MUMMIES

- Add vegetables like onions, broccoli, and peppers for extra nutrients.



CAT BAGELS

- Add strawberries for fruit ears, a great source of vitamin C.
- Use whole grain bagels and raisins for eyes and noses for more fiber consumption.



VEGGIE PUMPKIN TRAY

- Use carrots as the pumpkin shell, packed with vitamin A for vision health.
- Use cucumbers or zucchini for the mouth. Cucumbers aid in hydration and zucchini provides vitamins B6 and C.
- Mix ranch seasoning with Greek yogurt, a great source of protein and calcium to boost fullness.

