

SPOOKY PARTY FOOD

Put on a spooky party with some of these foods. You could liven up the table by making some spooky signs to label your dishes. Add some eyeballs, spiders and hands - not real ones of course!

Remember to wash your hands first!



SLIME SOUP

To make slime (pea) soup: ask an adult to put 750ml of vegetable stock in a pan with 500g of frozen peas. Boil for 10 minutes then blend it with a handful of fresh mint.



GHOST TOAST

Ask an adult to help you toast some bread and cut it into ghost shapes. Dip the ghost toast in your slime soup!

EYEBALL EGGS



Take the yolk out of some hard-boiled eggs then fill each hole with avocado houmous and a black olive. Dip a cocktail stick in some ketchup and draw on some wiggly bloodshot lines.

ROASTED TEETH

Ask an adult to help you roast some pumpkin seeds - they make perfect teeth!



BETTER JUICE

Squash a few blackberries with a fork and put them in some red fruit juice that doesn't have added sugar, like red grape or raspberry juice.



JELLY MONSTER

To make the eyes, put a blackcurrant into two egg cups and ask an adult to pour on some green sugar-free jelly. Tip them out when set. Use pieces of kiwi fruit for teeth.



CELERY CLAWS

Get an adult to help you put some long slits in two celery sticks from the top down to make claws. Put some cooked beetroot on a fork and grate it. Mix with low-fat yoghurt to make blood dip. Peel off a 'claw' of celery and dip it!



SPAGHETTI WORMS

Ask an adult to cook some spaghetti and warm up some tomato pasta sauce then mix them together to make wriggly worms in mud.

