

# 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!



## BETTLÉ 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.



## 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!



## 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.



## 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.

