

# the creative kitchen®

## Pumpkin Pals

Makes 4

### Equipment:

- Small mixing bowl
- Spoon

### Ingredients:

- 4 rice cakes (the Kids Food Festival loves Lundberg Rice Cakes and Stackers – found in the BFPL Digital Halloween Bash goodie bags!)
- ½ cup whipped cream cheese
- ½ cup canned pumpkin
- Pumpkin Eyes and Mouth: Handful of dried, dehydrated, or freeze-dried fruit (the Kids Food Festival loves Crispy Green Freeze Dried Fruit – found in the BFPL Digital Halloween Bash goodie bags!)
- Pumpkin Nose: red seedless grapes, halved or clementine segments
- Pumpkin Hair: shaved carrot or spiralized zucchini or beets

### To learn more about and to purchase Lundberg:

<https://www.lundberg.com>

Instagram: @LundbergFarms

Facebook: @Lundbergfamilyfarms



### To learn more about and to purchase Crispy Green:

<https://crispygreen.com>

Instagram: @crispygreensnacks

Facebook: @crispygreen

crisp<sup>®</sup>green



# Spook-ghetti

## Equipment:

- Adult cutting board
- Adult knife
- Children's cutting board (The Creative Kitchen suggests a small cutting board or reusable plastic or paper plate), 1 per child
- Children's knife (The Creative Kitchen suggests a plastic knife for younger children, while older children may be able to use a sharper knife), 1 per child
- Large mixing bowl (The Creative Kitchen suggests individual, sealable plastic sandwich bags if individual portions are preferred - whether for hygiene or simply because little chefs enjoy creating their own!)
- Mixing spoon

## Ingredients:

- 1 pound witches hair (cooked whole wheat spaghetti – use squid ink for extra spooky witch hair!)
- Eyeballs (1 cup black olives, pitted and ½ pound mozzarella bocconcini, or ½ pound mozzarella cheese)
- Zombie fingernails (2 orange bell peppers, washed)
- 1 broomstick (zucchini or cucumber, washed)
- Skeleton Tears (1 pint orange grape tomatoes, washed)
- Olive oil, to taste
- Salt and pepper, to taste



## Marshmallow Ghosts

### Equipment:

- 4 skewers, chopsticks, coffee stirrers or other such tool, making sure utensil is
- appropriately age-safe for participating children
- 1 small bowl per color being used
- 1 paintbrush per color being used

### Ingredients:

- 4 skewers, chopsticks, coffee stirrers or other such tool, making sure utensil is
- appropriately age-safe for participating children
- 8 large marshmallows
- Food coloring (the Kids Food Festival loves Color Garden Natural Food Colors, found in the BFPL Digital Halloween Bash goodie bags!)
- 1 small bowl per color being used
- 1 paintbrush per color being used

To learn more about and to purchase Color Garden:

[www.colorgarden.net](http://www.colorgarden.net)

Instagram: @colorgardendyes

Facebook: @colorgardendyes

Color  
Garden

