



Snack o lantern:

Ingredients:

1 Navel orange

1/2 cup canned or fresh fruit salad

1. To make a jack o lantern, use a small knife to slice the top off a navel orange, cut around it's interior to hollow it out. Scoop out the orange segments, chop them up, mix them with the canned fruit salad or use fresh mixed fruit to create a fruit salad.
2. Carve small facial features on one side of the orange, then cut a slit in the lid to accommodate the handle of a green plastic spoon. Fill the jack o lantern with fruit salad, insert the green spoon and set the lid in place.

Yield: 1 serving

Serving Size: One "snack-o-lantern provides ½ cup fruit/vegetable at snack for children 3-5 years.