



## Braces-Safe Halloween Recipes

### Ingredients:

- \* 1 Orange
- \* Choice of assorted fresh or frozen fruits

### Jack - O' - Lantern Fruit Cup

### Directions:

1. Wash and chop assorted fruits and mix together in a bowl. Set aside.
2. Slice off the top of an orange (as you would for a Jack - O - Lantern). Scoop out the inside of orange using a knife and spoon. Add the juice from the orange to your fruit salad.
3. Carve a face into the orange.



### Ingredients:

- \* 3 boxes instant vanilla pudding (enough to make 12 one - half cup servings)
- \* 1 tsp. red food coloring
- \* 3/4 tsp. yellow food coloring
- \* One 9 oz. package plain chocolate wafers
- \* 6 cups milk
- \* Chocolate syrup to taste
- \* One 8 oz. can mandarin oranges, drained

### Halloween Parfait

### Directions:

1. Combine pudding mix and milk in large bowl as directed on the package.
2. Crush chocolate wafers into crumbs
3. Combine red and yellow food coloring in a small bowl. Stir into pudding thoroughly, until pudding is orange.
4. Layer pudding with two layers of chocolate crumbs in a parfait cup or glass.
5. Top each layer of crumbs with chocolate syrup, to taste before adding the next pudding layer.



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