

Green Mouse

Preparation
time

10

minutes



Ingredients

- 1 pear
- 2 pineapple leaves
- About 10 green grapes
- 2 red grapes
- 2 cloves
- 1 strawberry

Nutritional Values

Pear: high source of fibre, source of potassium

Grapes: good source of potassium, contain antioxidants

Cut the 2 **pineapple** leaves in the shape of ears.

Cut a slot into each side of the **pear** that is the same shape as the base of the leaves.

Insert the leaves into the slots.

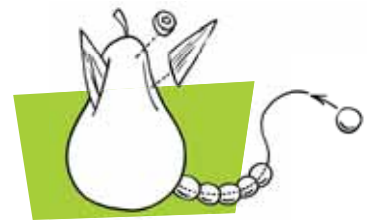
Cut 2 slices of **grape** for the eyes.

Attach the grape slices using 2 **cloves**. (First make holes for the cloves using a toothpick to make them easier to insert.)

To make the nose, cut a **red grape** in half and attach half of it with a toothpick.

For the feet, place 2 **strawberry** halves on the plate.

String **green grapes** on a metal wire or pipe cleaner and poke it into the back of the **pear** to make the tail.



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Dragon

Preparation
time

15

minutes



Cut the **broccoli** and place it in a small recipient or use a whole **red cabbage**.

Cut an **English cucumber** in half and attach the head to the neck using a toothpick.

Attach the neck to the body using 2 other toothpicks.

For the head:

Cut a slot in the front of the head.

Cut a slice of **hot red pepper** notch it and insert it into the slot.

Insert 3 toothpicks into the head and attach the 3 **hot red pepper** to make the crest.

Insert 2 **cloves** into the end of the nose.

Attach the eyes using 2 more **cloves** through 2 **cranberries**.

For the body:

Cut the **cheese** in cubes and attach the cubes to the **broccoli** or **red cabbage** using toothpicks.

Refrigerate until ready to serve.

Serve with a **dip**.

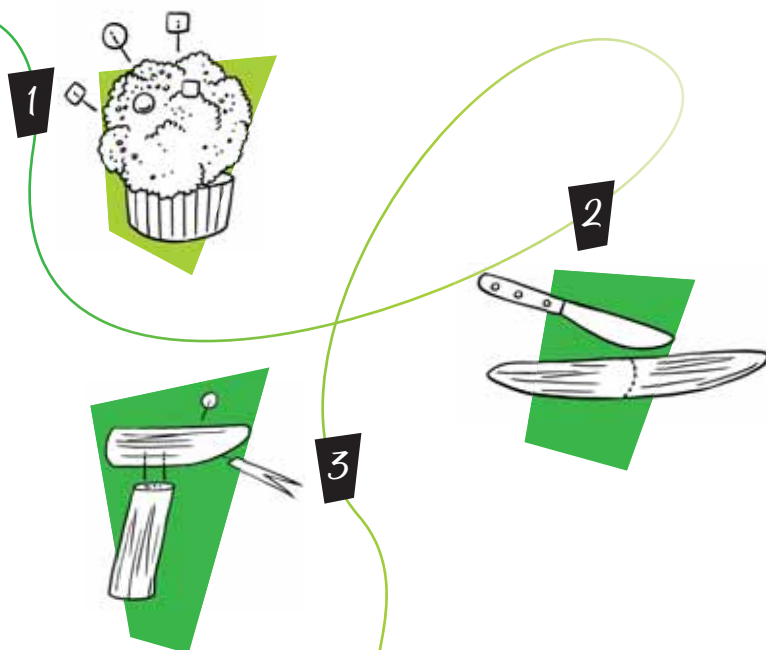
Ingredients

- 1 broccoli (or 1 red cabbage)
- 1 long English cucumber
- Cherry tomatoes
- 3 hot red peppers
- 2 cranberries
- 4 cloves
- Toothpicks
- A piece of cheese, your choice of variety, cubed
- A small piece of a hot red pepper for the tongue

Nutritional Values

Broccoli: excellent source of vitamin C and potassium, good source of folic acid

Red cabbage: excellent source of vitamin C and folic acid, good source of potassium



Hedgehog

Preparation
time

20

minutes



Chop the crown off the pineapple.

Cut the pineapple in half, lengthwise.

A quarter of the way in from the top end of the pineapple, make a 1-cm deep incision.

Peel the end to uncover the flesh of the head.

Splash with lemon juice.

Stick toothpicks into the back of the hedgehog and attach the green grapes.

Attach 2 red grapes for the eyes using toothpicks and use a half-strawberry for the mouth.

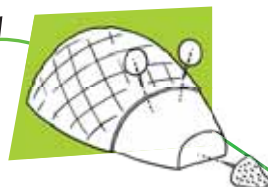
Ingredients

- ½ pineapple (cut lengthwise)
- A bunch of green grapes
- 1 strawberry
- 2 red grapes

Nutritional Values

Pineapple: good source of vitamin C

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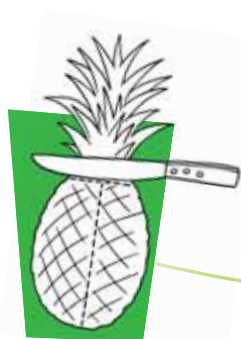
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Caterpillar

Preparation
time

20
minutes

Ingredients

- 7 large white mushrooms
- 1 cucumber
- 1 raisin
- 2 chives
- 2 cranberries
- 3 wooden skewers

Nutritional Values

Mushrooms: source of potassium

Cranberries: source of vitamin C,
contain antioxidants



Peel the **mushrooms** and remove their stems.

Slice the **CuCumber** in fairly thick, even slices, keeping one end to make the tail.

Thread the **mushrooms** and **CuCumber** slices alternately onto a wooden skewer, ending with the head.

Attach a **raisin** for the mouth and 2 **Cranberries** for the eyes using half-toothpicks.

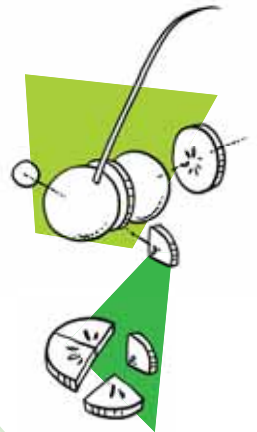
Thread two **Chives** over 2 wooden skewers and stick them into the head to make the antennae.

Cut the rest of the **CuCumber** slices evenly in 4 and use them to make the feet.

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Race Cars

Formula 1

Preparation
time

15

minutes



Ingredients

- 1 tomato
- 2 slices of lemon
- 3 raisins
- 5 baby spinach leaves
- 1 white mushroom
- 1 small bunch of fresh parsley
- 2 cloves
- 1 cranberry

Nutritional Values

Tomato: good source of vitamin C,
source of vitamin A

Lemon: excellent source of vitamin C

Spinach: excellent source of folic acid and vitamin A,
source of vitamin C and iron

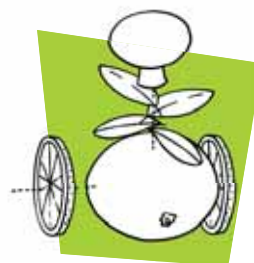
Using toothpicks, attach
the two slices of **lemon**
to the **tomato**.

Thread the 5 **spinach**
leaves on another tooth-
pick, arranging them in
the shape of a flower.

Attach the **mushroom** to
one end of this toothpick
and stick the other end
into the **tomato**.

Insert 2 **cloves** for
the eyes and attach a
cranberry for the mouth
and a small bunch of
fresh parsley on the head
for the hair.

Attach the **raisins**
as buttons using
half-toothpicks.



Race Cars

Formula 2

Preparation
time

15

minutes



Ingredients

- 1 cucumber
- 4 slices of carrot
- 1 cranberry
- 1 cherry tomato
- 1 mushroom
- 2 cloves
- A little fresh parsley
- 4 raisins

Nutritional Values

Cherry tomatoes:

good source of vitamin C,
source of vitamin A

Raisins: good source of potassium,
source of iron and fibre

Cut a piece of **CuCumber** about 10 cm long.

Cut 4 slices from the other half of the **CuCumber**.

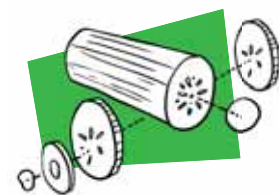
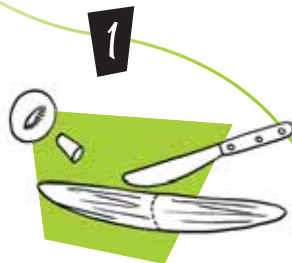
Stick a slice of **Carrot** and then a slice of **CuCumber** onto a toothpick and attach them to the body of the car. Push the toothpick through the **CuCumber** and attach the wheels on the other side.

Decorate the wheels with **raisins**.

Repeat for the back wheels.

Place the top of a **mushroom** on a **cherry tomato** and attach it to the piece of **CuCumber** using a half-toothpick.

Garnish the neck with a little fresh **parsley** and insert 2 **cloves** for the eyes.



Race Cars

Formula 3

Preparation
time

10

minutes



Ingredients

- ½ carrot
- 4 slices of cucumber
- 1 broccoli floret
- 2 cloves
- 1 cranberry
- 4 blackberries

Nutritional Values

Carrot: excellent source of vitamin A,
source of potassium

Assemble the wheels in the same way as in Formula 2.

Attach a piece of **broccoli** for the head and 2 **cloves** for the eyes.

Decorate the wheels with **blackberries**.

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Frizzy Head

Preparation
time

20

minutes

Ingredients

- 1 green (or red) cabbage
- Bunch of fresh parsley
- 2 black olives
- 1 cucumber
- 1 strip of red pepper
- 2 mushrooms
- Assorted vegetables, for dipping

Nutritional Values

Red cabbage: excellent source of vitamin C and folic acid, good source of potassium



Wash, cut up and display raw **vegetables** on a tray.

Cut the top off the **Cabbage**, scoop it out and fill it with a **dip**.

Put the cover back on.

Decorate the **Cabbage** by attaching (using toothpicks):

- 2 slices of **CuCumber** and 2 **black olives** for the eyes;
- 2 **mushrooms** for the ears;

- a piece of **red pepper** for the moustache;

- a sprig of **parsley** for the nose;

- a bunch of **parsley** for the hair.

Place the **Cabbage** on an overturned bowl so it overlooks the tray of **vegetables**.

When serving, remove the cover to present the **dip**.



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Cruise Ship

Preparation
time

20

minutes



Ingredients

- ½ watermelon
- 3 kiwis
- 3 slices of fresh pineapple
- About 10 green grapes
- About 10 blackberries (or blueberries)
- 1 slice of orange
- 1 small parasol for decoration

Nutritional Values



Watermelon: good source of vitamin C,
source of vitamin A and potassium

Orange: excellent source of vitamin C,
good source of folic acid, source of potassium

Blueberries: source of vitamin C, potassium and fibre

Cut the **watermelon**
in half.

Divide the inside into four
or five equal sections.

Scoop out each section
using a melon baller
(save what you remove).

Wash and cut the
other **fruit**.

Fill each section and
decorate the centre with
a slice of **orange**.

Serve fresh.



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Galley Ship

Preparation
time

10

minutes



Ingredients

- ½ papaya
- 250 ml (1 cup) fresh homemade fruit salad
- A few leaves of red and green cabbage
- 3 cranberries
- 3 wooden skewers
- Couscous (optional)

Nutritional Values

Papaya: excellent source of vitamins A and C,
good source of potassium

Scoop out the **papaya** and
fill with fresh **fruit salad**.

Poke the skewers
through the **cabbage**
leaves to form the sails
and attach them to
the boat.

Poke the **cranberries** into
the tips of the skewers.

Place the **papaya** ship
on a bed of **couscous**
(optional).

The small boats are
made of **endive** leaves
filled with **dip**.



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Clown

Preparation
time

10
minutes



Ingredients

- 1 honeydew melon
- 2 oranges
- 2 kiwis
- 1 strawberry
- 1 pink grapefruit
- 10 raspberries
- 4 watermelon balls

Nutritional Values

Honeydew melon: good source of potassium and vitamin C, source of folic acid

Pink grapefruit: excellent source of vitamin C, source of potassium

Raspberries: source of vitamin C and fibre, contain antioxidants

Cut the top off the **melon**, scoop it out and keep the pieces for the **fruit salad**.

Fill the **melon** with **fruit salad** and put the cover back on.

Decorate the clown by attaching the fruit pieces using toothpicks.



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Flavour Island

Preparation
time

15

minutes



Ingredients

- 1 cantaloupe
- 2 oranges
- About 20 raspberries
- About 30 red grapes
- About 30 whole green olives
- Cubes of cheese
- 1 blackberry

Nutritional Values

Cantaloupe: excellent source of vitamins A and C, good source of potassium, source of folic acid

Blackberries: source of vitamin C, folic acid, potassium and fibre; contain antioxidants

The base is $\frac{3}{4}$ of a Cantaloupe.

Start assembling the island from the bottom, with the grapes.

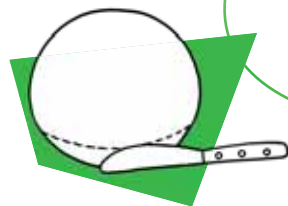
Attach the ingredients using toothpicks.

Assemble alternating rows of Cheese and olives.

End with half an orange and a blackberry.

Decorate with fresh raspberries.

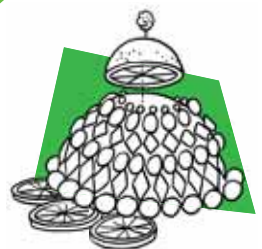
Refrigerate until ready to serve.



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Rabbit Feast



Preparation
time

25

minutes

Ingredients

- 1 curly lettuce
- 3 pears
- 1 red grape
- 2 green grapes
- A few cherry tomatoes
- 30 ml (2 tbsp) cottage cheese
- 12 raisins
- Cheddar cheese
- Assorted vegetables, washed and cut, for dipping (see dip recipes on pages 46-47)

Nutritional Values

Curly lettuce: good source of vitamin A, source of folic acid, vitamin C and potassium

Make a bed of **lettuce** leaves in a big plate.

To make the rabbits:

Cut the **pears** in half.

Use a half-grape for the nose, 2 **raisins** for the eyes and 2 triangles of **cheese** for the ears.

Use toothpicks or half-toothpicks to attach each piece.

Place the rabbits on the bed of **lettuce** leaves.

Use a teaspoon of **cottage cheese** for each tail.

Place the **dip** of your choice in the middle of the plate.

Add **vegetables** to the bed of **lettuce**.

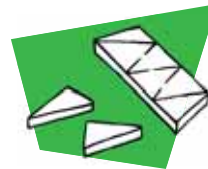
Decorate with **cherry tomatoes**.

Refrigerate until ready to serve.

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Witch

Preparation
time

10

minutes



Ingredients

- 250 g couscous
- 1 glass hot water
- 1 green onion
- 2 tomatoes
- 1 cucumber
- Chopped fresh parsley
- Chopped fresh mint
- Salt and pepper, to taste
- 75 ml (5 tbsp) olive oil
- Juice from 1 lemon
- Spinach leaves
- Fennel

Nutritional Values

Cucumber: source of potassium, vitamins A and C, and folic acid

Mix the **CousCous** and hot water in a large bowl.

Let sit for several minutes.

Add the diced **vegetables**, **herbs**, salt and pepper.

Mix gently with a fork.

Add the **oil** and **lemon** juice.

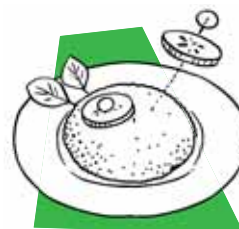
Refrigerate for 2 or 3 hours.

Decorate with slices of **CuCumber** and the **olive** halves (for the eyes), **mint** or **spinach** leaves (for the hair) and a small piece of **tomato** for the mouth.

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Fruit House



Preparation
time

15

minutes

Slice the *apples* and place the slices in rows to make the house.

Splash them with *lemon* juice to prevent discoloration.

Slice the *strawberries* and place them in a triangle shape to make the roof.

Cut the *kiwis* and *orange* in slices and decorate the house with them.

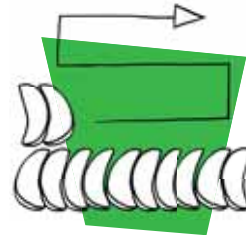
Ingredients

- 14 strawberries
- 1 ½ apples
- 2 orange slices
- 1 kiwi

Nutritional Values

Strawberries: excellent source of vitamin C, source of potassium

Kiwi: excellent source of vitamin C, source of fibre and potassium



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Fun with Apples

Preparation
time

10
minutes

Nutritional Values 🍏 🍏

Apple: source of potassium, vitamin C and fibre

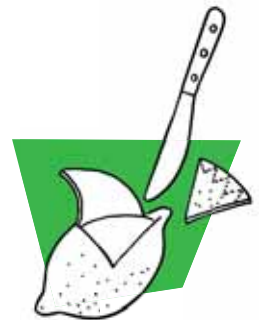


A decorated *apple* in a lunchbox is a lot more fun to eat.

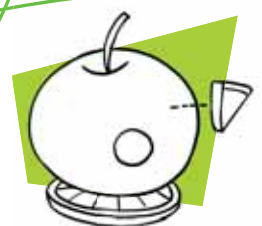
Let your imagination run wild and create your own apple characters!



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Mrs. Cauli-Head

Preparation
time

10

minutes

Ingredients

- 1 cauliflower
- 1 carrot
- 2 mushrooms
- 1 red bell pepper
- 2 small zucchinis
- 1 black olive, cut in half
- Fennel leaves or parsley

Nutritional Values



Bell pepper: excellent source of vitamins A and C, source of potassium

Zucchini: good source of potassium, source of fibre, vitamin C and folic acid



Use toothpicks to attach Mrs. Cauli-Head's eyes (two zucchini ends and half a black olive), ears and nose.

Cut a mouth out of the red pepper and attach it with toothpicks.

Place the fennel leaves or parsley on the head to make the hair.

To eat, cut in pieces and serve with a dip.

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Fireworks

Preparation
time

10
minutes



To make the fireworks,
attach the *vegetables*
to the *watermelon* using
skewers.

Serve with the *dip* of
your choice.

Ingredients

- ½ watermelon
- Cauliflower
- Broccoli
- Baby carrots
- Celery head
- Celery leaves
- Assorted raw vegetables
- *Wooden skewers*

Nutritional Values

Cauliflower: good source of vitamin C,
source of potassium and folic acid
Celery: source of potassium



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Fruit Juice Cocktails

Preparation
time

5

minutes

Fruit and vegetable juices presented in elegant glasses and decorated with fruit or vegetable kebabs taste so much better!

Here are a few recipe ideas:



Banana mango Smoothie

(makes 3 cups)

Ingredients

- 1 mango
- ½ banana
- 125 ml (½ cup) vanilla yogurt
- 250 ml (1 cup) milk
- Lemon juice, to taste

Nutritional Values



Mango: excellent source of vitamin A,
good source of vitamin C, source of fibre

Banana: excellent source of potassium,
source of vitamin C

Blend all the ingredients together
until smooth, pour into a glass and
serve immediately.

Garnish with a fresh fruit kebab.

Vampire's Cocktail

(makes 3 cups)

Ingredients

- 375 ml (1 ½ cup) cranberry juice
- 375 ml (1 ½ cup) strawberries,
fresh or frozen

Variation:

Replace the strawberries with other frozen
berries (blueberries, raspberries).

Suggestion:

Add 2 tbsp of powdered skim milk
for a creamy texture.

Blend all the ingredients together
until smooth, pour into a glass and
serve immediately.

Garnish with a fresh fruit kebab.

Vegetable Cocktails

Preparation
time

5

minutes



Lemon-Flavoured Vegetable Cocktail

(makes 3 cups)

Ingredients

- 750 ml (3 cups) vegetable juice, homemade or store-bought
- 1 lemon, sliced

Pour the vegetable juice into a pitcher and add the lemon slices.

Refrigerate for 1 hour so the flavours can blend.

Serve in glasses decorated with slices of lemons or vegetable kebabs.

Fruit-Flavoured Vegetable Cocktail

(makes 3 cups)

Ingredients

- 375 ml (1 ½ cup) vegetable juice, homemade or store-bought
- 375 ml (1 ½ cup) orange juice or orange-mango juice
- Ice cubes

Mix the two kinds of juice and serve with ice cubes and fruit and vegetable decorations.

Dips



Green light dip

Puree the *avocAdoes* in a food processor.
Add the other ingredients and blend well.

Variations:

Add diced *tomatoes* or *bell peppers* to the recipe.

Ingredients

- 4 ripe avocados
- 20 ml (4 tsp) lemon juice
- Fresh parsley, to taste
- Salt and pepper

Colourful dip

Blend all the ingredients
(except the *bell pepper*)
and refrigerate until
ready to serve.

Garnish with diced
bell pepper.

Ingredients

- 250 ml (1 cup) plain yogurt
- 125 ml (½ cup) light mayonnaise
- 1 small carrot, grated
- 1 green onion, thinly sliced
- 15 ml (1 tbsp) ketchup
- 15 ml (1 tbsp) honey
- 5 ml (1 tsp) curry powder
- Fresh parsley, to taste
- Salt and pepper
- 15 ml (1 tbsp) coloured bell pepper, diced

Chocolate

and fruit...
go well together!



Dark chocolate fondue

Ingredients

- 500 g dark chocolate
- 300 ml evaporated skim milk (1 can)
- 125 ml (½ cup) milk
- 30 ml (2 tbsp) sugar
- Fresh fruit, in pieces

Melt the chocolate in the **milk** and **evaporated milk** over very low heat (preferably in a double boiler).

Add sugar.

Homemade chocolate pudding

Ingredients

- 500 ml (2 cups) milk
- 50 g dark chocolate
- 60 ml (¼ cup) cornstarch
- 30 ml (2 tbsp) sugar
- Fresh fruit, in pieces

In a double boiler, bring 400 ml of **milk** to a boil.

Add the **dark chocolate** and melt, stirring.

In a separate container, add the cornstarch to the rest of the **milk**.

Add the **sugar** and mix well.

Add the cornstarch mixture to the double boiler and cook over low heat until the mixture thickens.

Cook for 2 minutes.

Allow the mixture to cool, mix it with a whisk, pour into dessert bowls, and chill.

Serve with fresh **fruit**.