

“Hi, I’m
Cru-Cru!

Follow me for **fun** and
healthy recipes!”



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For a *Children's party*, a *birthday* or simply for *fun*, why not present fruits and vegetables in an *attractive* way?

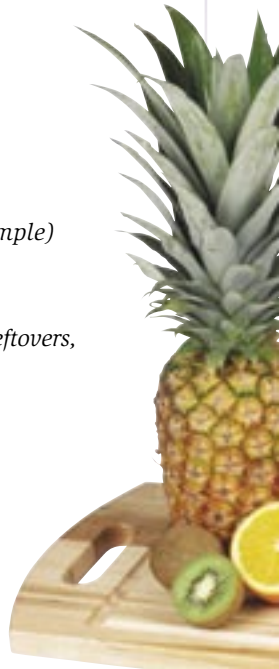
After trying these *reCipes*, let your *imagination* run wild. You are sure to come up with others as *inventive* as these, if not more so!

Good Hygienic Practices:

- *Always wash your hands thoroughly before handling food.*
- *Wash fruits and vegetables with cold water before cutting them.*
- *Work on a clean surface, away from raw meat, to avoid cross-contamination.*
- *Creations that contain dairy products (cheese or dip, for example) should be refrigerated until ready to serve and left at room temperature no more than two hours.*
- *Once you have finished eating each creation, throw away any leftovers, especially if they have been handled.*

Warning:

When preparing a children's party, ask other parents whether their child suffers from any food allergies and eliminate the allergenic foods when necessary.



Quality Fruits and Vegetables

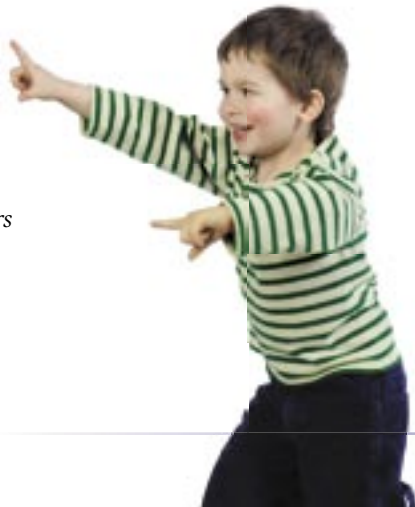
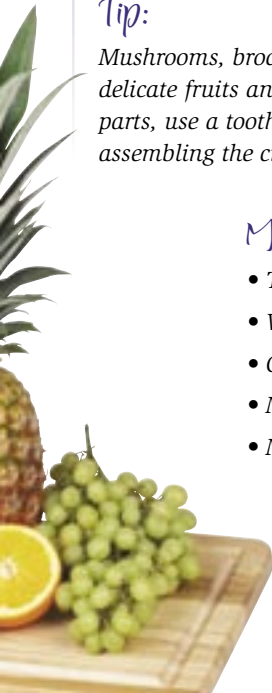
- Each creation should be put together on the day it will be served. If you are preparing it a few hours in advance, coat fruits and vegetables with a splash of lemon juice to avoid discoloration.
- It is preferable not to cut fruits and vegetables too much in advance, to avoid vitamin loss.

Tip:

Mushrooms, broccoli, bell peppers—everything is raw. So to avoid damaging delicate fruits and vegetables as well as to facilitate the assembly of the various parts, use a toothpick to make holes in them first or cut incisions into them before assembling the creations.

Materials required:

- Toothpicks
- Wooden skewers
- Cloves
- Metal wires or pipe cleaners
- Melon baller



Fruits and vegetables: Treasures worth discovering

Fruits and vegetables are essential to maintaining good health. Moreover, some of the substances found in fruits and vegetables can help prevent certain diseases such as cancer, diabetes and heart disease. Fruits and vegetables contain vitamins, minerals, antioxidants and fibre as well as being low in fat. It is better to eat the most colourful fruits and vegetables, those that are red, orange or dark green (such as spinach, bell peppers, broccoli, carrots, romaine lettuce, mangoes and cranberries), because they contain more nutrients that play several important roles in our bodies.

- **Iron** contributes to the production of red blood cells, helps transport oxygen in our bodies and prevents anemia.
- **Vitamin C** promotes bone and teeth development, keeps gums healthy, helps wounds heal and enhances iron absorption.
- **Vitamin A** is essential for good night vision and plays an important role in maintaining healthy skin and eyes.
- **Folic acid** plays an important role in the normal production of red blood cells as well as in the growth and development of the fetus.
- **Potassium** enables the muscles and heart to contract efficiently.
- **Fibre** contributes to the proper functioning of the intestines; it acts as a sponge that absorbs dietary cholesterol and helps reduce blood cholesterol.
- **Antioxidants** play a role in the prevention of several diseases by protecting our cells from toxic substances.

Nutritional Value of Fruits and Vegetables

The amounts of vitamins and minerals found in **fruits** and **vegetables** vary.

Fruits and vegetables have therefore been classified according to their vitamin and mineral content in the following way:

Source of... Contains 5% to 14% of the recommended daily intake
(5% to 24% for Vitamin C)

Good source of... Contains 15% to 24% of the recommended daily intake
(25% to 49% for Vitamin C)

Excellent source of... Excellent source of... Contains 25% or more of the
recommended daily intake (50% or more for Vitamin C)

For example, kiwi is an excellent source of Vitamin C because it contains over 50% of the recommended daily intake for this vitamin.

The recommended daily intake of fruits and vegetables is **5 to 10 servings** a day.

Nutritional Value of Fibre

For fibre, the following classification was used:

Source of fibre Contains at least 2 grams per serving

High source of fibre Contains at least 4 grams per serving

Very high source of fibre Contains over 6 grams per serving



Fruit and Vegetable Servings

The recommended daily intake of fruits and vegetables is 5 to 10 servings a day.

A serving is equivalent to:

Fruit or vegetable	Serving
Fruit juice	125 ml ($\frac{1}{2}$ cup)
Vegetable juice	125 ml ($\frac{1}{2}$ cup)
Apple	1 medium-sized apple
Banana	1 medium-sized banana
Blackberries	125 ml ($\frac{1}{2}$ cup)
Blueberries	125 ml ($\frac{1}{2}$ cup)
Broccoli	125 ml ($\frac{1}{2}$ cup) (about 4 florets)
Cabbage (green)	125 ml ($\frac{1}{2}$ cup)
Cabbage (red)	125 ml ($\frac{1}{2}$ cup)
Cantaloupe	$\frac{1}{4}$ cantaloupe
Carrot	1 medium-sized carrot or 125 ml ($\frac{1}{2}$ cup)
Cauliflower	125 ml ($\frac{1}{2}$ cup) (about 4 florets)
Celery	1 stalk
Cranberries (fresh)	125 ml ($\frac{1}{2}$ cup)
Cucumber	250 ml (1 cup)



Fruit or vegetable

Serving

Fruit salad	125 ml ($\frac{1}{2}$ cup)
Grapefruit (pink)	$\frac{1}{2}$ grapefruit
Grapes	10 grapes
Honeydew melon	125 ml ($\frac{1}{2}$ cup) or about $\frac{1}{10}$ honeydew melon
Kiwi	1 kiwi
Lettuce	250 ml (1 cup)
Mango	$\frac{1}{2}$ mango
Mushrooms	5 medium-sized mushrooms
Orange	1 medium-sized orange
Papaya	$\frac{1}{2}$ papaya
Pear	1 medium-sized pear
Pepper (bell)	$\frac{1}{2}$ bell pepper
Pineapple	2 slices
Raisins	60 ml ($\frac{1}{4}$ cup) (1 small (42 g) box)
Raspberries	125 ml ($\frac{1}{2}$ cup)
Spinach (fresh)	250 ml (1 cup)
Strawberries	5 medium-sized strawberries
Tomato (cherry)	8 cherry tomatoes
Tomato (regular)	1 medium-sized tomato
Zucchini	1 small zucchini
Watermelon	250 ml (1 cup)



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



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Preparation
time

15

minutes

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

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*
(see recipes on
pages 46-47)

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

Ingredients

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

Nutritional Values

Pineapple: good source of vitamin C

Chop the crown off the *pineapple*.

Cut the *pineapple* in half, lengthwise.

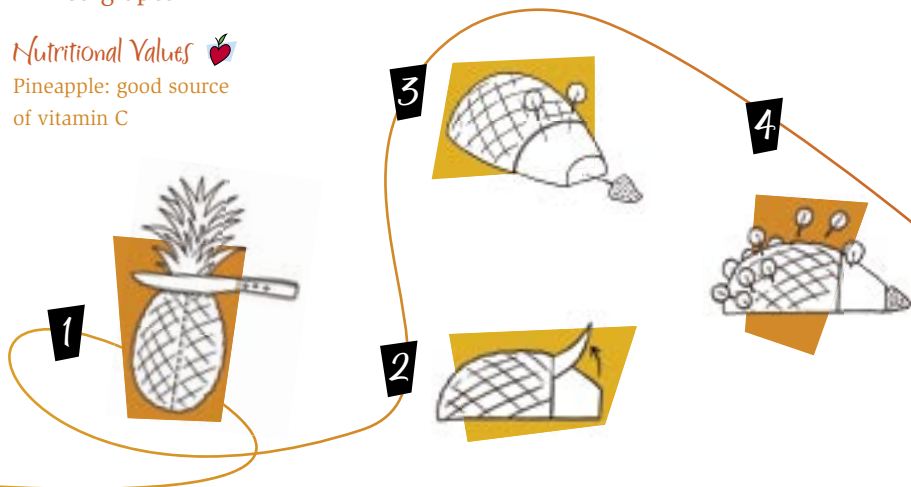
A quarter of the way in from the top end of the *pineapple*, make a 1-cm deep incision.

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.



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.

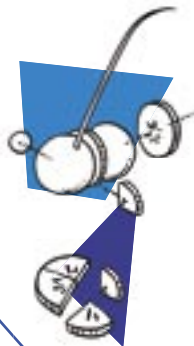
Thread two chives over 2 wooden skewers and stick them into the head to make the antennae.

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

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Race Cars



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

Formula 1

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

Thread the 5 spinach leaves on another toothpick, arranging them in the shape of a flower.

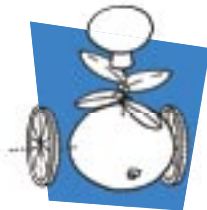
Attach the mushroom to one end of this toothpick and stick the other end into the tomato.

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.



1



Formula 2

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.

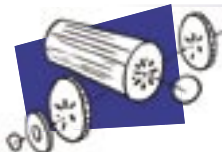
Garnish the neck with a little fresh **parsley** and insert 2 **cloves** for the eyes.



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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 potas-
sium, source of iron and fibre

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

Formula 3

*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. (see recipes on pages 46-47)

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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3



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.

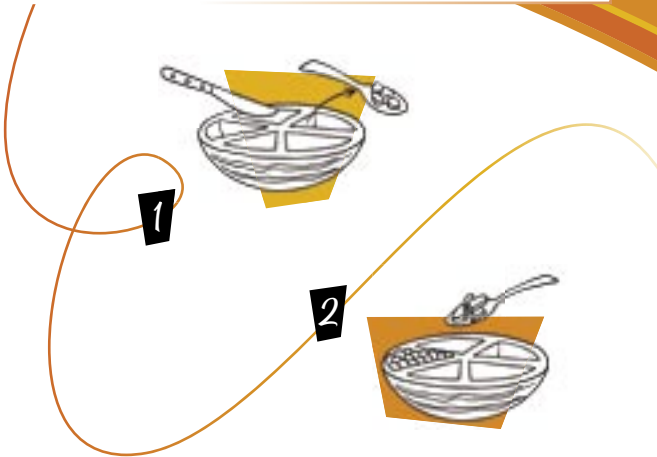
Divide the inside into four or five equal sections.

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.



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

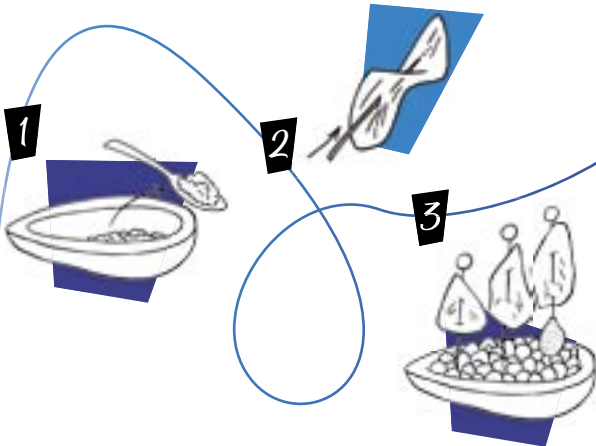
Scoop out the *papaya* and fill with fresh *fruit salad*.

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*.



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.

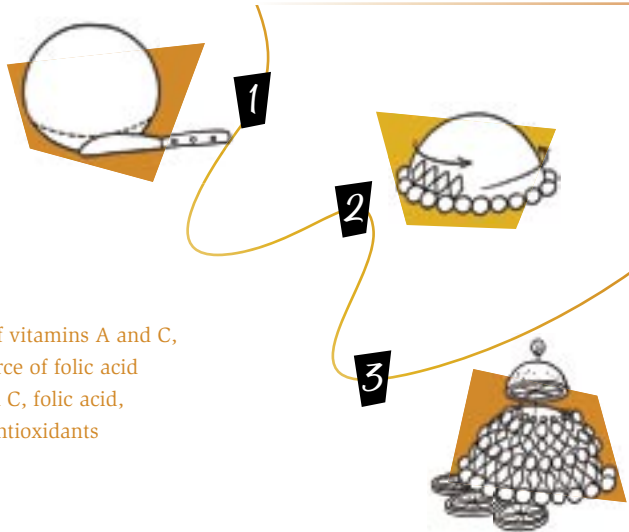
Attach the ingredients using toothpicks.

Assemble alternating rows of Cheese and olives.

End with half an orange and a blackberry.

Decorate with fresh raspberries.

Refrigerate until ready to serve.



Rabbit Feast

This is an original way of presenting vegetables and dip to children.



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.

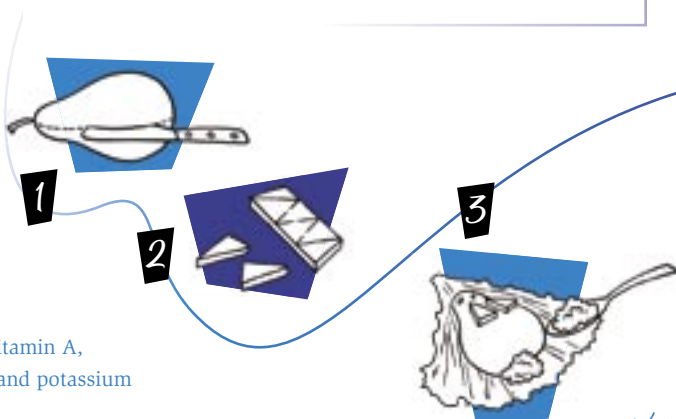
Use a teaspoon of Cottage Cheese for each tail.

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.



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

Ingredients

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

Nutritional Values

Strawberries: excellent source of vitamin C, source of potassium

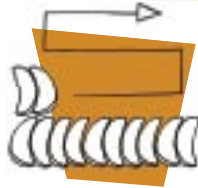
Kiwi: excellent source of vitamin C, source of fibre and potassium

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.



2



Fun

with Apples



Preparation
time

10

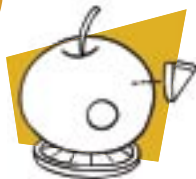
minutes

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!



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 (see recipes on pages 46-47).

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Fireworks



Preparation
time

10

minutes

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

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

Serve with the *dip* of
your choice (see recipes
on pages 46-47)



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

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

Garnish with a fresh fruit kebab.

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

Vampire's Cocktail

(makes 3 cups)

Ingredients

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

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

Garnish with a fresh fruit kebab.

Variation:

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

Suggestion:

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

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.

This recipe comes from the book **Allergique?... à table!** (2002)
by the Association Québécoise des Allergies Alimentaires.

Ingredients

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

Colourful dip

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

*Garnish with diced
bell pepper.*

Chocolate

and fruit...
go well together!



Everyone knows that kids adore chocolate. When good chocolate is consumed in moderation, it can be part of a healthy and balanced diet, especially if it encourages children to eat more fruit!

In fact, fruit is perfect for dipping in chocolate. Dark chocolate is preferable to milk chocolate, because dark chocolate contains less sugar and more cocoa.

Chocolate must contain at least 35% cocoa to be called dark chocolate.

Consequently, to choose good chocolate, all you have to do is check the ingredients; the top two ingredients should be cocoa butter and cocoa powder.

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.



For a **Children's** party,
a **birthday** or simply for fun,
why not present fruits and
vegetables in an **attractive** way?

After trying these **recipés**,
let your **imagination** run wild.

You are sure to **Come up** with others
as **inventive** as these, if not more so!

Share your recipes with us at:
www.msss.gouv.qc.ca/nutrition/cru-cru

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