Ghoulish Halloween Treats

BLEACHED BONES
Peel jicama, rinse, and cut into 1/2 inch-thick slices. With cookie cutters or a knife, cut jicama into bone shapes or 1/2 inch-wide sticks. Arrange on a tray or in a bowl. Season to taste with salt.
30 grams (1/4 cup): 5 mg phe

WORMY APPLES
6 red apples, cored and sliced
1/4 cup raisins
1 Tablespoon soft margarine
juice of one lemon
1 teaspoon cinnamon
pinch of nutmeg
1 Tablespoon brown sugar
6 candy gummy worms
Preheat oven to 350 degrees. Combine apples, raisins, lemon juice, spices and sugar in a large baking dish. Cover and bake until apples are tender, about 30-45 minutes. Place in bowls and serve warm or chilled. Garnish each one with a gummy worm.
Serves 6. Each apple: 25 phe (without the gummy worm, each apple: 12 phe)

BLEEDING HEARTS PUNCH
4 cups strawberries, rinsed and drained
2 cans (12 oz) frozen cranberry juice cocktail concentrate, thawed
1 bottle (67.6 oz) sparkling water, chilled
Cut a V shape under stem of each strawberry. Cut berries in half lengthwise to form a heart.
Freeze berries on baking sheets (at least one hour); flex pan to release frozen fruit. Mix juice and sparkling water in punch bowl. Add frozen berries.
One cup (8 oz) serving: 8 mg phe (with strawberries), 0 mg phe without strawberries

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Cristine M. Trahms Program for Phenylketonuria
University of Washington - CHDD - Box 357920, Seattle, WA 98195
(206) 598-1800, Toll Free in Washington State 877-685-3015
http://depts.washington.edu/pku