



# 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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