



<http://foodandhealth.com/blog/2010/03/easter-rabbit-salad/>

Healthy Easter Ideas

Easter Rabbit Fruit Salad

Ingredients:

- 1 fresh pineapple
- 1 quart of strawberries
- 1 apple, grated
- 1 banana
- Dark raisins for the eyes

Directions:

1. Peel the whole pineapple then cut 2/3 lengthwise for the body.
2. Remove the core with a serrated knife.
3. Slice the body and set in bowl in bed of strawberries.
4. Carve the remaining 1/3 of the pineapple into a head – making ears and a shaped face. Set up against the body.
5. Carve out 2 holes for the eyes and fill with raisins.
6. Use the pineapple leaves to make fringes for the bowl and whiskers.
7. Use the grated apple for the tail – you can use fresh lemon to keep it white
8. Use a banana for the legs and nose. Cover and refrigerate until ready to serve.

Easter Pear Bunny Salad

Ingredients:

- 4 romaine lettuce leaves, washed
- 4 pear halves, fresh or canned,
- 12 dark seedless raisins
- 4 miniature marshmallows
- 8 apple slices
- 1 teaspoon fat-free cream cheese

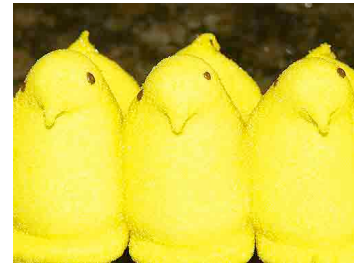
Directions:

1. Place a lettuce leaf on each of 4 plates. Use the pear half as the bunny's body.
2. Add raisins for the eyes and nose, using the cream cheese as glue to hold them in place.
3. Use the apple slices to form ears. Add a miniature marshmallow for the tail, again using cream cheese to hold it in place.



Bunny Salad
 Eyes: grapes & cloves
 Body: 1/2 pear
 Ears: pear slices
 Nose: grape
 Tail: yogurt
 Garnish:
 1 cup lettuce
 2 strawberries
 2 grapes
 1 baby carrot
 fat free dressing
 1/4 tsp sprinkles

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5 good things about peeps:

1. they are cheap and fun to eat
2. only 5 to a box
3. 1 box seems enough
4. 0 grams fat
5. if you eat the whole box it is only 140 calories

0 calorie basket fillers:

- stickers
- pencils
- gift cards
- sports or outdoor equipment
- fancy markers or crayons
- pool toys
- cool socks and hats
- gum
- cook's tools

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