



Tangerine “Pumpkins”

Makes: 20 “pumpkins”

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
20	tangerines	20
2 stalks	celery	2 stalks

Instructions

1. Cut each celery stalk into 10 ¼ inch (0.5 cm) sticks to be pumpkin stems on tangerines.
2. Peel tangerines and insert the celery stick inside for the “stem”.
3. Arrange on a platter.

Suggestion: Serve with Banana “Ghosts” (see recipe)

Nutrition Information	
Serving 1 “pumpkin”	
Calories	45
Fat	0 g
	Saturated 0 g
	+ Trans 0 g
Sodium	0 mg
Carbohydrates	11 g
	Fibre 2 g
	Sugars 9 g
Protein	1 g
Calcium	30 mg
Iron	0 mg

Food Guide Servings
½ Vegetable & Fruit