

Inspire the children to try different vegetables with these colourful afternoon tea treats. Serve with a variety of dips.

VEGETABLE CHRISTMAS TREE

Ingredients

- 1 large Styrofoam cone
- 1 large disposable platter or heavy dish
- Toothpicks and skewer sticks
- Small star cookie cutter
- 3 large bunches broccoli
- 1 large cauliflower
- 1 large red and yellow capsicum
- 1 punnet cherry tomatoes
- 1 jar pickled onions
- 1 bag baby carrots



Method

- Place the Styrofoam cone onto the platter or dish. If using a disposable platter the cone may be glued in place to help keep it stable.
- Cut the broccoli and cauliflower into florets small enough for dipping. The sizes should vary but not be too large or too small.
- Attach the broccoli and cauliflower to the cone using the toothpicks, starting with the larger pieces at the bottom and graduating to the smaller pieces at the top. When you get near the top and the toothpicks aren't long enough, cut some skewer sticks and use them instead. Don't worry if there are holes in the design, they will be filled in later with other vegetables.
- Cut the carrots and half the capsicums into dipping size strips. Tuck the ends of the capsicum strips into the tree, in a spiral, starting at the top and spiraling down to the bottom. Tuck a piece of carrot in next to them to hold them in if needed.
- Poke carrot sticks randomly in the holes between the broccoli and cauliflower florets.
- Use toothpicks to secure cherry tomatoes and cocktail onions around the tree.
- Using the small star cookie cutter, cut shapes from the remaining red and yellow capsicums, saving a large piece of yellow capsicum for a tree-topper star.
- Secure the stars with toothpicks poked through the broccoli and cauliflower florets.
- Fill the rest of the platter with left over vegetable pieces.

<http://www.squidoo.com/veggie-christmas-tree> accessed 19th November, 2013

CHRISTMAS TREE APPETIZER PLATTER

Ingredients

- Large platter or cut a Christmas tree shape from heavy cardboard and cover with foil
- Various low fat cheeses, cut into cubes
- Sliced or diced green vegetables such as celery, cucumber, beans or broccoli
- Cherry tomatoes
- Sliced or diced red capsicum

Method

- Put a piece of cheese at the bottom of the platter as the trunk of the tree.
- Create a row of cheese above the 'trunk', placing the cheese cubes in various ways.
- Above the row of cheese, place a wide row of assorted green vegetables.
- Above the row of green vegetables, add a row of cherry tomatoes and capsicum.
- Continue to add rows, alternating the cheese, green and red vegetables until you get to the top of the platter.
- Use a bowl of dip for the tree topper.



<http://voices.yahoo.com/appetizer-christmas-tree-11903093.html?cat=22> accessed 19th November 2013.