**Jack-O-Lantern Sweet Potato Fries** (for 2)

½ large sweet potato

15 mL oil

3 mL salt

1 mL onion powder

0.5 mL cinnamon

0.5 mL cayenne

1. Preheat oven to 400 F.
2. Peel sweet potato. Slice the tips from the sweet potato.
3. Using a sharp knife, cut a “v” in the center of the sweet potato, lengthwise.
4. Slice sweet potato into 1/8 inch slices or coins.
5. Use a small sharp knife to “carve” jack-o-lantern faces into each sweet potato slice.
6. Place carved sweet potatoes into a large bowl and add oil and spice. Gently toss to coat.
7. Spread sweet potato on cookie sheet on layer thick. Bake for 20-25 minutes or until golden brown around the edges and a fork can easily pass through.

**Boo Brew** (for 2)

250 mL cranberry-raspberry juice

160 mL white grape juice

2 whole cloves

¼ unpeeled lemon, sliced

¼ unpeeled orange, sliced

1. Place ingredients into a medium pot. Bring to a boil over high heat. Reduce heat and simmer uncovered for 15 minutes.
2. Remove cloves, lemon and orange using a slotted spoon. Serve warm.