

Carrot Riceball Jack o' Lantern Bites

1 ½ cups medium or short grain rice

2 cups carrot juice

1 cup water

salt to taste

A handful of black olives, for garnish

A little green bell pepper, for garnish

Boil all ingredients for 15 minutes, or until all liquid is absorbed. Let cool to room temperature.

To make jack o' lanterns, form small golf ball sized balls out of rice, pressing firmly with hands. (Note: If rice sticks to hands, lightly sprinkle hands with water when rolling.)

To form eyes and mouths, cut black olives into shapes and press into the rice balls. To make stem, cut a small triangle of green bell pepper and stick into rice ball on top.

