

# Birthday Party Recipe Ideas

## DEVILLED EGGS

### Ingredients

- 6 large eggs
- 2 tablespoons mayonnaise
- 1 teaspoon yellow mustard
- Salt and pepper to taste
- Optional toppings: chopped chives, paprika, diced ham, shredded cheese, diced pickle



### Directions

1. Hard-boil the eggs by placing them in a pot of water and bringing the water to a boil. Once boiling, reduce the heat and simmer for 10 minutes. Then remove the eggs from the pot and place them in a bowl of ice water to cool. Adding a teaspoon of white vinegar to the boiling water can help make the egg peeling easier.
2. Once the eggs are cool, peel the shells off and slice the eggs in half lengthwise.
3. Carefully remove the yolks from the egg halves and place them in a separate bowl.
4. Add the mayonnaise, yellow mustard, salt, and black pepper to the bowl with the egg yolks. Mix well to combine.
5. Spoon the yolk mixture into the empty egg whites.
6. Add optional toppings and serve chilled.

## POULTRY MEATBALLS

### Ingredients

- 1 pound ground chicken or turkey
- 1/2 cup almond flour
- 1/4 cup finely grated Parmesan cheese
- 1/4 cup chopped fresh parsley
- 1/2 teaspoon onion powder and 1 tsp of garlic powder
- 1/2 teaspoon salt and 1/2 of pepper
- 1 egg, beaten
- Olive oil, for cooking



### Directions

1. Preheat the oven to 375°F.
2. In a large mixing bowl, combine the ground chicken or turkey, almond flour, Parmesan cheese, chopped parsley, chopped chives, garlic powder, onion powder, salt, black pepper, and beaten egg.
3. Mix the ingredients together until well combined.
4. Using your hands, form the mixture into small meatballs, about 1 inch in diameter.
5. Heat a large skillet over medium-high heat and add enough olive oil to coat the bottom of the pan.
6. Once the pan is hot, add the meatballs to the skillet and cook for 2-3 minutes per side, or until browned on all sides.
7. Transfer the meatballs to a baking sheet lined with parchment paper and bake in the oven for 10-12 minutes, or until fully cooked through.
8. Serve the meatballs hot with your favourite dipping sauces.

## SMOKED SALMON AND AVOCADO ROLLS WITH DILL AND LEMON

### Ingredients

- 1 pound smoked salmon, sliced
- 2 ripe avocados, pitted and sliced
- Fresh dill, chopped
- Juice of 1 lemon
- Salt and pepper, to taste
- Toothpicks or skewers



### Directions

1. On a platter, arrange the sliced smoked salmon.
2. Add a slice of avocado into each piece of salmon and make a little roll.
3. Sprinkle fresh dill on top of each piece of salmon.
4. Drizzle the lemon juice over the platter and season with salt and pepper to taste.
5. Insert a toothpick or skewer through each piece of salmon to hold everything together.

## YOGHURT DIP WITH RAINBOW VEGETABLE STICKS

### Ingredients

- 1 cup plain Greek yogurt
- 1/4 cup finely chopped fresh herbs (dill, mint and parsley)
- 1 clove garlic, minced.
- 1 tbs lemon juice
- Freshly ground salt and pepper, to taste



### Directions

1. In a small mixing bowl, combine the Greek yogurt, fresh herbs, minced garlic, and lemon juice.
2. Stir the mixture until well combined.
3. Season the dip with salt and pepper to taste.
4. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes before serving.
5. Serve the dip with sliced vegetables such as carrot sticks, cucumber, sliced bell pepper or other snacks of your choice.

## CUCUMBER BUN SANDWICHES

### Ingredients

- Sliced cucumber
- Cream cheese
- Dried dill
- Sliced deli turkey
- Tooth picks

### Directions

1. Spread cream cheese on each slice of cucumber.
2. Sprinkle dried dill on top of the cream cheese.
3. Place a slice of deli turkey on top of one of the cream cheese-covered cucumber slices.
4. Place another cream cheese-covered cucumber slice on top of the turkey to create a sandwich. Hold together with a toothpick.
5. Repeat with the remaining ingredients.
6. Serve chilled.

## CHARCUTERIE BOARD CAKE

Instead of a cake, savoury Charcuterie board. Kids can pick what they want to have on this so it can be a fun activity as well. Here are some ideas for what you could add to your board:

**Meat:** A variety of cured meats such as salami, prosciutto, and pepperoni can be included.

**Cheese:** Choose a selection of hard and soft cheeses such as cheddar, brie, and blue cheese. You can also add cream cheese or goat cheese.

**Olives:** Olives are a great addition to a charcuterie board, and they come in many different flavors. Try green or black olives stuffed with garlic or feta cheese.

**Pickles:** Pickles are a low carb option that add a tangy flavor to the board. You can choose from dill pickles, gherkins, or pickled vegetables like carrots and cauliflower.

**Nuts:** Nuts like almonds, cashews, and walnuts add a crunchy texture to the board and provide a source of healthy fats.

**Vegetables:** Fresh vegetables like celery, cucumbers, and bell peppers are low in carbs and add a refreshing crunch to the board.

**Dips and Spreads:** Low carb dips and spreads like hummus, tzatziki, or avocado dip can be served with vegetables or crackers.

**Low Carb Crackers and other savoury snacks:** Choose low carb crackers made from almond flour or flaxseed crackers to pair with the cheeses and dips.

HAPPY  
BIRTHDAY

