

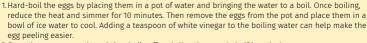
Birthday Party Recipe Ideas

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



- 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.
- 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 tbsp 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.
- 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.

