



Paleo Appetizers: 90 Illustrated Paleo Appetizer Recipes and Delicious Paleo Snacks Cookbook. Quick & Simple Gluten Free Party Foods (Paleo Recipes: Paleo ... Dinner & Desserts Recipe Book Book 10)

Jane Burton

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"Paleo Appetizers" by Jane Burton a #1 Best Selling author, is an Illustrated cookbook with easy, delicious Paleo appetizers and snack recipes. It includes over 90 illustrated party appetizers to tempt and treat your guests. You will also discover quick and easy favorite entertainers and 30 top tips for holding a successful party.

An integral part of any party or special occasion is the appetizers or finger foods. If you are new to the Paleo diet and lifestyle, you may struggle with understanding what you can serve to your guests and what you can't. Many of the traditional and bought party foods can be loaded with fats, wheat flour, preservatives and sugars. Drinking alcohol at parties is also common and although some alcohols are Paleo friendly, most of them aren't. Don't let this discourage you. It's still easy to throw a Paleo party with plenty of delicious appetizers and snacks that will keep your guests happy as well as intrigued.

So what kind of snacks and finger foods are Paleo friendly and at the same time delicious? A general guide is – if it's processed its out. This includes wheat breads, sugars and dairy products which are all known to give many people allergy problems. Gluten free, dairy free recipes aren't that difficult to make it just requires planning. Healthy, natural foods will take center stage. For starters, a lot of easy snacks can be just simple ingredients. Nuts can be eaten as they are. When vegetables, fruits and cooked meats are cut into bite-size pieces, they can make fine appetizers with a little imagination. They can be put together in layers, perhaps with a flatbread or crackers, or be served with a variety of dipping sauces like salsa, guacamole, Paleo mayonnaise and homemade ketchup. Arrange the food on a plate or platter so that it looks attractive. The finishing touches such as garnish and other décor coloring can give that final visual look of perfection.

There are plenty of cooked Paleo snacks that you can serve. The options are limited only by your imagination. Salads, skewers, vegetable chips, assorted natural cold meat snacks are just a few of the foods you can offer to your guests. Cooked appetizers that will delight the taste buds include grain-free dishes, savory bites and sweet treats too.

Entertaining at home has changed dramatically over the years. Today, rather than going out to eat many opt for the casual party at home where they can relax with friends, listen to great music and save money! This can even be done for special occasions. Gone is the stressful formality and pressure of every day cooks trying to host a precise 3 course dinner party with everyone sitting around a dining room table. It is now being outdated by a more popular relaxed gathering. People can move around casually mingling with each other and even have conversations about what tasty Paleo concoction they are eating!! The other wonderful advantage of finger food parties is the minimal cleanup afterwards. No need for the dishwasher to be working overtime!

The atmosphere is crucial for the success of your party. It is possible to create a fun and interesting party by introducing new Paleo food ideas to people; what a great way to get conversations started! You can decorate the party food so it would look more fun. Everyone, not only children enjoy tastefully designed finger food arrangements. Even simple ingredients can become memorable if they are served in unusual shapes.

Another fun idea is different bars, such as a salad bar, where your guests can make their own salad. For people that find salad bars too boring, you can throw a “create your own taco” party with lettuce leaves instead of taco shells. Many options are available, that’s all part of the fun...creating your own individual mix and match combinations.

If you would like to serve cooked foods, have fun trying out the following recipes!

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Christina Ruiz:

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