

# PARTY RECIPES

## PLANNING A PARTY?

Want to give your child a birthday to remember? Throwing a birthday party for your child should be fun for all (you included). It just takes a little planning Here are our some sweet and savory party favourites for easy and delicious food at your next event.



### *Apple Choc Tops*

#### You Will Need

- 12 small red or green apples, washed
- Toasted shredded coconut, to decorate
- Sprinkles, to decorate
- 250g milk choc melts, melted
- 250g dark choc melts, melted

#### Step 1

Line a large baking tray with paper. Insert a thick skewer or piece of dowel into the core of each apple. Place coconut and sprinkles in separate shallow bowls.

#### Step 2

Dip half the apples, three-quarters of the way, in milk chocolate and rotate to coat. Shake off excess. Dip in coconut or sprinkles to coat. Place on the lined tray to set. Repeat with the remaining apples, dark chocolate, coconut and sprinkles.

#### Step 3

Most skewers are too thin to hold the apples; dowel, available from craft stores, works best. Push the dowel almost all the way through the apple.



### *Coconut Macaroons*

#### You Will Need

- 2 large egg whites
- ¼ cup honey
- ¼ teaspoon celtic sea salt
- 2 ½ cups coconut flakes
- Jam (optional)

#### Step 1

In a medium bowl, whisk together egg whites and honey with a fork.

#### Step 2

Briefly whisk in salt, then stir in coconut flakes. Place bowl in fridge to chill for ½ hour.

#### Step 3

Fill a 2 tablespoon scoop with batter, so it's heaping full. Using your hand, firmly pack batter into scoop so it is level. Release batter onto a parchment paper lined baking sheet.

#### Step 4

Bake at 180°C 350°F for 10-12 minutes, until macaroons are golden brown. Cool for 1 hour and serve.



## *Layered Rainbow Cake*

### You Will Need

2 x 340g packets golden buttercake mix or 2 quantities Homemade buttercake (see related recipe)

Fluffy meringue frosting

8 eggwhites

4 cups caster sugar

1 teaspoon vanilla extract

Blue, green, yellow, orange, pink and red food colourings

1/2 teaspoon 100s and 1000s

### Step 1

Preheat oven to 180°C/160°C fan-forced. Grease three 7cm-deep, 20cm (base) round cake pans or three 4cm-deep, 20cm base round cake pans. Line bases and sides with baking paper.

### Step 2

Prepare 1 packet cake mix following packet directions, or 1 homemade cake (see related recipe). Divide batter between 3 bowls (see tip). Tint 1 portion blue, 1 portion green and remaining portion yellow. Spread 1 portion into 1 prepared cake pan. Repeat with remaining 2 portions and prepared pans. Smooth surfaces. Bake for 25 minutes, rotating halfway during cooking, or until cooked through. Stand cakes in pans for 5 minutes. Turn out onto wire racks to cool completely. Wash and dry cake pans. Grease and line with baking paper. Repeat with remaining cake mix and food colourings.

### Step 3

Make frosting: Place eggwhites, vanilla, sugar and 1/4 cup cold water in a large heatproof bowl. Whisk to combine. Place bowl over a saucepan of simmering water. Using an electric hand mixer, beat eggwhite mixture for 15 minutes or until stiff peaks form.

### Step 4

Remove bowl from heat. Beat until cooled.

### Step 5

Place blue cake on board. Spread with 1/2 cup frosting. Top with green cake. Repeat with remaining frosting and yellow, pink, orange and red cakes, using 1/2 cup frosting for each layer. Spread remaining frosting over top and side of cake. Sprinkle with 100s and 1000s. Serve.





## Apple And Cinnamon Pie Pops

### You Will Need

- 3 large apples, finely diced
- 2 Tbsp butter, melted
- 2 Tbsp (12 packets) NECTRESSE®
- 1 Tbsp flour
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 2 packages refrigerated, rolled pie crust
- Egg White Wash (1 egg white)
- Extra NECTRESSE® for sprinkling (optional)
- (makes 20-24 pie pops)

### Step 1

Preheat oven to 425° F and line baking sheets with parchment paper.

### Step 2

Mix together diced apples, melted butter, cinnamon, flour, salt and NECTRESSE. Set aside.

### Step 3

Using a circle cookie cutter, cut out small circles from the refrigerated pie crust.

### Step 4

Assembling the Pie Pops:

- a. Wet your finger with water and wet the edges of a dough circle.
- b. Place a lollipop stick in the center of the circle, then top with 1 Tbsp of apple filling.
- c. Wet the edges of a second circle, and place this circle on top of the first, wet edge down.
- d. Seal the 2 circles together by crimping all the way around with a short piece of a pie pop stick.
- e. Brush with egg wash. Sprinkle lightly with NECTRESSE® for extra sweetness (optional).
- f. Place pops on a baking sheet. Bake for approximately 12 minutes or until golden. Let cool.
- g. Tie a cute ribbon on the sticks (optional), serve & enjoy!



## Healthy Chocolate Covered Bananas

### You Will Need

- 4-5 ripe bananas, peeled and halved
- 6oz (1 cup) chocolate chips
- 3 Tbsp coconut oil
- Chocolate chips, toasted coconut, nuts, chopped up candies, etc. (Optional)

### Step 1

Insert a popsicle stick into the cut side of each banana half. Place all bananas on a baking sheet or plate lined with parchment paper and transfer to the freezer. Freeze 2-3 hours, or overnight.

### Step 2

When you're ready to dip the bananas, assemble any toppings you plan to add so everything is ready to go.

### Step 3

In a small saucepan, gently melt the chocolate chips and coconut oil over low heat until completely smooth. (Alternatively, you can put the chocolate chips and coconut oil in a microwave-safe dish and microwave it in 20-30 second increments, stirring in between until fully melted).

### Step 5

Transfer melted chocolate to a narrow glass. Dip frozen banana halves into the chocolate (allow excess chocolate to drip off). Place dipped bananas back on parchment paper and immediately add any toppings. Repeat with remaining bananas.

### Step 6

Return bananas to the freezer for 30-60 minutes to harden. Store in an airtight zip-top bag in the freezer.



## *Black Cat Bat Biscuits*

### You Will Need

200g unsalted butter, softened  
200g caster sugar  
1 egg, lightly beaten  
Grated zest of 1 orange and 2 lemons  
2 1/3 cups (350g) plain flour  
1/2 cup (50g) cocoa powder, sifted  
Ready-made white 'writing' icing

### Step 1

Line 2 trays with baking paper.

### Step 2

Using electric beaters, beat butter and sugar in a bowl until just pale and creamy. Beat in egg, mixing well, then the zest. Fold in flour and cocoa to combine, then tip onto a lightly floured surface and knead briefly to form a smooth dough. Enclose in plastic wrap and chill for at least 1 hour.

### Step 3

Halve dough. On a floured surface, roll out each piece to about 5mm thick. Using a decorative cutter (we used bat and cat cutters), cut out shapes and place on trays, leaving a 2-3cm gap between biscuits. Chill for a further 30 minutes on the trays.

### Step 4

Preheat oven to 180°C. Bake biscuits for 10 minutes until dry. Transfer to a rack to cool before decorating with icing.



## *Strawberry And Watermelon Popsicles*

### You Will Need

3 heaping cups cubed watermelon  
1 heaping cup strawberries (fresh or frozen)  
Zest and juice of 1 lime

### Step 1

Place all ingredients in a blender and puree until completely smooth. Pour into popsicle molds and freeze 3-4 hours, or until very solid.



## *Butterfly Bread*

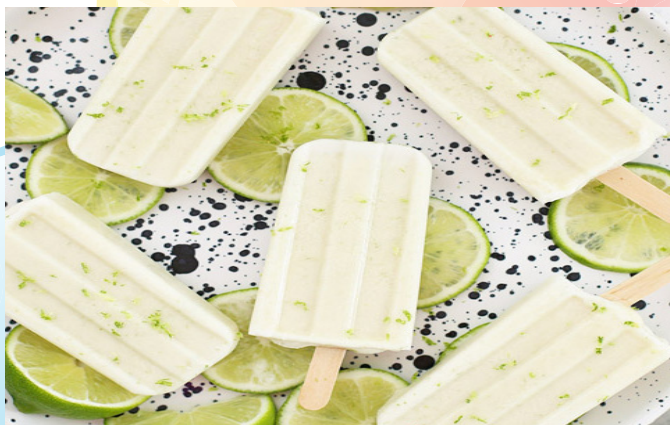
### You Will Need

1 loaf white sliced bread  
Unsalted butter, to spread  
Pink and white hundreds and thousands and silver cachous (see Note), to decorate

### Step 1

Using a butterfly-shaped cutter, cut shapes out of each slice of bread. Spread with butter and decorate with hundreds and thousands and cachous. Variations can be made with Nutella instead of butter





## *Coconut Lime Popsicles*

### You Will Need

- 1 (13oz) can full-fat coconut milk
- zest and juice of 1 lime
- 3-4 Tbsp honey

### Step 1

Combine all ingredients in a blender and process until completely smooth. This won't seem to take long, but the longer you process, the finer the zest will become and the less likely you'll be to end up with all the zest sinking to the bottom of the popsicle mold.

### Step 2

Taste and add additional honey or lime as desired. (Note that the flavor will develop as they freeze.)

### Step 3

Pour mixture into your popsicle mold and insert sticks. Freeze at least 3 hours or until completely solid.



## *Peach And Mango Bliss*

### You Will Need

- 1 heaping cup frozen peach slices
- 1 heaping cup frozen mango slices
- ½ frozen banana (about ½ cup)
- ¾-1 cup orange juice (more or less, to taste)
- ¾-1 cup water (as needed, to blend)
- Optional: 1-2 Tbsp chia seeds

### Step 1

Add all ingredients to a blender and puree until smooth, adding more orange juice or water as needed.

## *Tropical Strawberry Pitaya Smoothie*

### You Will Need

- 1 frozen packet pitaya (like Pitaya Plus)
- 1 1/2 cups frozen strawberries
- ¾ cup frozen mango
- ¾ cup frozen pineapple
- 2 Tbsp chia seeds
- 1 cup spinach
- 1 1/2 cup orange juice
- 1/2 cup unsweetened almond milk (or water)

### Step 1

Place all ingredients in a blender and puree until smooth, adding more milk or orange juice as needed. Divide into 2 large smoothies or 4 small smoothies.

### Step 2

Top with fresh fruit, granola, nuts, coconut, or any of your favorites!



## *Cheesy Puff Magic Wands*

### You Will Need

3 sheets frozen ready-rolled puff pastry, partially thawed

1 egg yolk, lightly beaten

2 tablespoons milk

120g Colby cheese, coarsely grated

60g Colby cheese, finely grated

### Step 1

Preheat oven to 220°C. Grease and line 2 baking trays with baking paper.

### Step 2

Cut an 8cm-wide strip from 1 pastry sheet. Repeat with another pastry sheet. Cover strips and uncut pastry sheet with plastic wrap and refrigerate.

### Step 3

Whisk egg yolk and milk together in a small bowl. Brush 1 cut pastry sheet with egg mixture. Top with coarsely-grated cheese. Cover with remaining cut pastry sheet. Press down firmly to join. Cut pastry into twelve 2cm-wide strips. Twist strips and place, 3cm apart, on prepared trays. Brush with egg mixture. Cover with plastic wrap and refrigerate.

### Step 4

Using a 5cm star cutter, cut 24 stars from reserved pastry. Brush 12 stars with egg mixture. Top with finely-grated cheese. Sandwich together with remaining 12 stars, pressing down firmly to join. Brush both sides of stars with egg mixture. Attach stars to alternating ends of pastry twists (see note).

### Step 5

Bake, uncovered, for 10 minutes or until golden and puffed. Serve.



## *Mini Hot Dogs*

### You Will Need

8 par-baked dinner rolls

8 cocktail frankfurts

2/3 cup grated tasty cheese

2 tablespoons tomato sauce

1 tablespoon American mustard

### Step 1

Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper. Place rolls on prepared tray. Bake for 5 minutes or until heated through and lightly browned.

### Step 2

Meanwhile, place frankfurts in a saucepan. Cover with cold water. Bring to the boil over medium heat. Reduce heat to medium-low. Simmer for 2 to 3 minutes or until cooked through. Drain.

### Step 3

Using a serrated knife, split rolls along the top (do not cut all the way through). Divide cheese between rolls. Top with frankfurts. Drizzle with sauce and mustard. Serve.



## *Mini Hamburgers*

### You Will Need

- 10 hamburger buns, halved
- 500g minced beef
- 1/3 cup dry breadcrumbs
- 1 large onion, grated
- 20ml (1 tbs) Worcestershire sauce
- 1/3 cup tomato sauce, plus extra to serve
- 1/2 tbs mixed dried herbs
- 1 egg yolk
- 80ml (1/3 cup) olive oil
- 10 slices tasty cheese, quartered
- BBQ sauce and baby rocket leaves, to serve
- Cocktail sticks, to serve

### Step 1

Use a 4cm pastry cutter to cut out 30 rounds from the tops and 30 rounds from the bottoms of the 10 hamburger buns. Set aside. (Prepare the hamburger buns well in advance and store them in a clip-lock plastic bag.)

### Step 2

Place the minced beef, breadcrumbs, grated onion, Worcestershire and tomato sauce, mixed herbs and egg yolk in a bowl. Season with salt and pepper and mix well together.

### Step 3

Use wet hands to form 30 small burgers. Refrigerate the mixture for 30 minutes to chill.

### Step 4

Heat the oil in a large, non-stick frypan. Fry the burgers in batches for 1-2 minutes each side; they should still be rare in the centre. Place on an oven tray, cool and then refrigerate. When the burgers are ready to serve, preheat the oven to 170°C.

### Step 5

Place the buns on an oven tray. Cover with aluminium foil and heat for 5-6 minutes. Top the mini beef burgers with the quartered cheese slices and heat in the oven for 5 minutes.

### Step 6

Sit each burger on a bun base. Top with BBQ or tomato sauce and rocket. Place the tops on the burgers; secure with a cocktail stick. Serve immediately.





## BBQ Pork Balls

### You Will Need

500g pork mince  
1 egg, lightly whisked  
2 tbs barbecue sauce  
2 tsp finely grated fresh ginger  
60g (1 cup) panko breadcrumbs  
Vegetable oil, to deep-fry  
Baby cos lettuce leaves, to serve  
Coarsely grated carrot, to serve  
Barbecue sauce, extra, to serve

### Step 1

Line a baking tray with baking paper. Combine the mince, egg, barbecue sauce, ginger and 15g (1/4 cup) of the breadcrumbs in a large bowl. Season. Roll 3-teaspoon portions of the mince mixture into balls. Roll in remaining breadcrumbs to coat. Place on prepared tray. Cover and place in the fridge for 30 minutes to rest.

### Step 2

Add enough oil to a wok to reach a depth of 6cm. Heat to 180°C over medium-high heat (when oil is ready a cube of bread turns golden brown in 15 seconds). Cook the meatballs in 3 batches, turning occasionally, for 5 minutes or until crisp and golden. Transfer to a plate lined with paper towel.



## Taiwan Strips

### You Will Need

3/4 cup Healthy Baker plain flour  
2 eggs  
1 cup cornflake crumbs  
1/4 cup chopped fresh flat-leaf parsley leaves  
40g packet French onion soup mix  
16 (1kg) chicken tenderloins, trimmed  
Canola oil cooking spray  
Sweet chilli sauce or tomato sauce, to serve

### Step 1

Line 2 baking trays with baking paper. Place flour on a plate. Whisk eggs in a shallow bowl. Combine cornflake crumbs, parsley and soup mix in another shallow bowl. Lightly coat chicken in flour, shaking off excess. Dip in egg, followed by crumb mixture, pressing crumbs on with fingertips to secure. Place chicken on prepared tray. Refrigerate for 30 minutes. Preheat oven to 200°C/180°C fan-forced.

### Step 2

Spray chicken with oil. Bake for 20 minutes, turning halfway during cooking, or until golden and cooked through. Serve with sweet chilli sauce or tomato sauce





## *Monkey Tail Sandwiches*

### You Will Need

- 2 slices from 1 loaf of white bread, cut length-ways
- 1/2 large avocado, peeled, mashed
- 2 teaspoons lemon juice
- 2/3 cup chopped cooked chicken

### Step 1

Using a serrated knife, remove crust from bread. Using a rolling pin, flatten each slice.

### Step 2

Make chicken and avocado filling. Combine avocado and lemon juice in a bowl. Spread 2 slices of bread with avocado mixture. Top with chicken. Starting from 1 short end, roll up bread tightly to enclose filling. Cut each roll into 4 slices.

### Step 3

Place sandwiches, cut-side up, on a large plate. Serve.

### Variations:

Fairy monkey tails: Spread 2 slices from 1 loaf of bread with 2 tablespoons cream cheese. Sprinkle with 2 tablespoons 100s and 1000s.

Pizza monkey tails: Spread 2 slices of bread with 1 tablespoon margarine spread or butter. Top each bread slice with 2 slices leg ham and 3 slices tasty cheese. Spread cheese with 2 teaspoons tomato sauce



## *Avocado And Tuna Sushi Sandwiches*

### You Will Need

- 4 slices wholemeal bread, crusts removed
- 2 tablespoons spreadable cream cheese
- 95g can tuna in springwater, drained
- 1/2 medium avocado, peeled, thinly sliced
- 1/2 medium carrot, peeled, grated

### Step 1

Place bread slices on a chopping board. Using a rolling pin, flatten bread. Spread 1 side of each slice with cheese. Arrange tuna, avocado and carrot in rows next to each other on bread, leaving a 1cm border along 1 edge.

### Step 2

Roll up bread from opposite edge to enclose filling. Cut each roll into 3 rounds. Serve.