

Quick & Simple Ideas For Your Kids Birthday Party



A small selection of quick and easy “kid sized” party food ideas that can be prepped in advance and which will be a “healthy” hit with all of those little party goers



1. Baked Chicken Strips

170gm chicken breast cut into thin long half inch strips

Salt, pepper, paprika

1 egg

¼ cup of coarse whole wheat or multigrain breadcrumbs

¼ cup grated coconut (optional)

Olive oil for cooking

- Preheat oven to 350 degrees F
- Season the chicken with the salt, pepper and dried herbs of your choice
- Mix the breadcrumbs with the grated coconut in a bowl and beat the egg white in a separate bowl
- Dip the chicken into the egg mixture and then dip it into the breadcrumbs to completely coat the chicken strips
- Lightly grease a non stick cooking tray with olive oil and place the coated chicken strips onto the tray and cook in the preheated oven for
- approximately 15 minutes (they should be a nice golden brown)
- Serve with a side of sweet potato fries and non starchy veggies of your choice

2. Turkey or Chicken Burgers

170gm extra lean ground turkey or chicken meat

1 egg white

2 tbsp large flaked oats

¼ cup sweet onion finely chopped (optional)

Salt, pepper, dried herbs of your choice (large pinch of each)

Olive oil for cooking

- Combine all the ingredients (except the oil) together in a bowl and mix well
- Form the mixture into thin miniature bite sized oval shaped burgers (you decide how big depending on the age of your children)
- Heat a fry pan to a moderate heat, add the olive oil and cook the burgers gently on each side until golden brown
- These can be kept warm in a low heat oven but try to serve as soon after cooking as possible

3. Miniature Pancakes

3/4 cup plain oats

1 cup egg whites

1 cup of cottage cheese

1 tsp vanilla (optional)

½ tsp nutmeg (optional)

¼ tsp cinnamon (optional)

- Put all items into a blender and mix until the consistency of a traditional pancake batter
- If the mixture seems too thick, add another egg white, one at a time, until you get the desired consistency
- Make miniature bite sized pancakes by using a dessertspoon, and spoon the batter into a fry pan and cook on a moderate heat until golden brown on each side

Serve warm with pure maple syrup, pure fruit jam, berries, ice cream etc

4. Home Made Potato Chips

Washed white potatoes (skin still on)

Olive Oil

Sea Salt

Dried herbs (optional)

- Slice the potatoes into very thin slices (as thin as possible so that they cook to a crisp finish)
- Put the olive oil, sea salt and herbs (if using) into a zip lock bag and add the thinly sliced potatoes – close up the zip lock bag and shake and rub bag between hands to coat all the potato slices evenly
- Remove the potato slices from the zip lock bag and arrange on a non stick baking sheet and cook in a hot oven of 400 degrees F until golden brown and crisp (approximately 15 minutes but make sure you check regularly)
- Remove from the tray when cooked and allow to cool and serve as a savory healthy alternative to regular chips with a dip of your choice

These are VERY popular with the kids so ensure that you make LOTS of them as they will be devoured quickly and you will be asked for more

5. Vegetable Thin Crust Pizza

¼ cup finely chopped and diced tomatoes

¼ cup diced yellow onion

¼ cup diced red and yellow pepper

¼ cup diced mushrooms

Other veggies of your choice

Mixed dried herbs of your choice (optional)

1 whole wheat tortilla wrap

½ cup grated pizza mozzarella

Sea Salt and pepper

Olive oil for cooking

- Preheat oven to 400 degrees F
- Lay the whole wheat tortilla on a greased or non stick baking sheet
- Take the diced tomatoes and spread over the tortilla wrap and season with the sea salt and pepper and herbs if using
- Put all of your veggies into a fry pan and cook until just soft and allow to cool slightly
- Spread the cooled cooked veggies on top of the tomatoes and top the pizza with the mozzarella
- Cook for approximately 10 minutes in the oven until the cheese is golden brown
- Remove from oven and allow to cool slightly but serve whilst still warm but obviously not hot as you don't want the kids to burn their mouths

This is a great snack for mom and dad too and you can add extra lean ground turkey or chicken to the veggie mix if preferred

6. Fruity Salsa Dip (with sweet tortilla chips)

1 apple - peeled, cored and diced into small pieces

1 cup fresh strawberries diced into small pieces

2 bananas, peeled and diced into small pieces

1 tablespoon fresh lime juice

2 tablespoons sugar or splenda

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

6 white tortilla wraps

Olive oil

- In a medium bowl, mix together the apple, strawberries, bananas, lime juice, 2 tablespoons sugar/splenda, cinnamon and nutmeg.
- Cover and chill in the refrigerator approximately 20 minutes.
- To make the sweet tortilla chips, put the olive oil into a bowl with the sugar/splenda and mix thoroughly
- Using a pastry brush, coat each side of the tortilla wraps and bake in a hot oven of 400 degrees F until golden brown (approximately 15 minutes but check to ensure they do not burn)
- Remove from oven and allow to cool
- When completely cooled, break into manageable "chip" sized pieces and serve with the salsa or the cream cheese dip (see below) or any other dip of your choice

7. Apples With Cream Cheese Dip

5 medium apples, cored and sliced

½ cup orange juice

1 8-oz. package of cream cheese at room temperature

1 1/2 teaspoons vanilla

A little milk for mixing

- Directly after coring apples, place them in a large bowl and pour orange juice on them. Stir so that the apples are coated. This will keep them from getting brown.

- Using a mixer in a mixing bowl, combine cream cheese and vanilla, and enough milk to make a smooth dip

8. Chocolate Strawberries

Medium sized whole fresh strawberries (ripe but not soft)
Bar of cooking chocolate (milk or white chocolate or both)

- Wash and dry the strawberries
- Melt the cooking chocolate in a bowl over some boiling water
- Pick up the strawberries by sticking a skewer into the stalk end of each strawberry and dip into the chocolate to coat the fruit
- Allow to cool so that the chocolate hardens on the strawberry
- This is a perfect healthy dessert with a chocolate fix

9. Peanut Butter Hummus

1 can chickpeas, washed and drained (15-19 oz)
1/3 cup warm water (to be used to achieve required dip consistency)
4 tablespoons peanut butter
2 tablespoons olive oil
3 tablespoons lemon or lime juice
1 clove garlic, crushed (optional)
1/4 teaspoon salt

- In a food processor, combine all ingredients and blend to a dip consistency.
- If it is too thick, add more warm water 1 tablespoon at a time.
- Serve peanut butter hummus on same day as made or store in refrigerator for up to 3 days.
- Serve with the homemade potato chips or the sweet tortilla chips or with crudites and fresh raw veggies of your choice

10. Crudites & Snacks

Cubed mozzarella and pineapple on cocktail sticks
Cubes of lean thick chunky ham
Fresh seasonal veggie and fruit platters
Home made guacamole

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