

Paleo Happy Hour: Appetizers, Small Plates & Drinks

by

Kelly Milton



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Synopsis

Eating Paleo doesn't mean that your life has yielded to your diet at every turn. Friends, events, and gatherings pose challenges. With this book you can drink and eat in any social setting without having to feel excluded. Paleo Happy Hour will show you how to stay Paleo in situations that are beyond your control: what to eat and drink at bars and restaurants, how to attend parties thrown by non-Paleo hosts, and how to moderate your eating and drinking at these events to stay on track. Besides learning how to navigate the world beyond your home, this book includes tons of resources for bringing the party to you—with more than 100 recipes! There are appetizers ranging from Jalapeno Bacon Poppers and Smoked Salmon Bites with Lemon-Dill Aioli to elegant small plates like Tuna Tartare Towers and Lamb Lollipops with Apricot-Balsamic Glaze. Explore classic pub grub recipes like Chicken Fingers with Honey Mustard Sauce and Orange-Chipotle Barbecue Chicken Wings, along with brunch favorites such as Herbed Biscuits with Bacon Jam. For your sweet tooth there are decadent desserts like Cookie Dough Bonbons and Pecan Pie Bars. Discover 20+ sauces, dips, and spreads that will complement any dish. And of course the book includes plenty of drinks, from classics margaritas and martinis to fruit-filled sangrias. Finally, Kelly has pulled together 10 themed party menus that include perfectly paired appetizers, entrees, desserts, and drinks. Each menu has a preparation timeline to make hosting a breeze. Learn how to make more than 100 DELICIOUS appetizers, small plates, pub grub, and dessert recipes. Get over 20 Paleo-Friendly alcoholic and non-alcoholic drink recipes. Find Tips for drinking and entertaining with weight loss and health in mind. Explore 10 ready-to-make Party menus that perfectly pair appetizers, entrees, drinks, and desserts!

Sort review

"Kelly has done a great job making otherwise unhealthy foods and drinks work for the Paleo-conscious individual. Throwing a party? Well, you're going to need some healthy finger foods, desserts, and drink options. And Kelly has you covered."—Robb Wolf, New York Times bestselling author of *The Paleo Solution* "If you like to throw parties, if you like to have fun stuff to eat during football games, or if you want some great ideas for paleo cocktails (or mocktails), then this cookbook is totally for you (and it's fun)." — Becca Borawski, Managing Editor, *Breaking Muscle* About the Author Kelly Milton is the author and creator of the recipe blog Paleo Girl's Kitchen (www.paleogirlskitchen.com). Having begun her Paleo journey in 2010, she struggled to find food ideas to help her stay motivated and on track. To cure her food boredom, she began to creatively assemble new recipes of her own and share them with the world. While taking on the challenge of catering her gym's Christmas party, Kelly found her true niche within Paleo: entertaining. She greatly enjoys delicious food and gets even more pleasure from sharing it with friends and family.

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Crumb: Paleo Bread and Beyond

What people say about this book

Noelle Snow, "SHOCKINGLY SURPRISED. I rarely take the time to write a review, especially when this book already has so many, but I was so taken with this book, I felt I needed to write one. I've tried hundreds of Paleo recipes from numerous internet and cookbook sources and there are some really good ones out there. Once in awhile I am so shocked by how good a certain recipe is, even better than the non-Paleo counterpart. And I have several decent Paleo cookbooks, but I have to say this one is, by far, the best one because most of the recipes in this one are just really delicious! I have found maybe 10-15% of Paleo cookbooks have outstanding recipes in them. Kelly's has about 90% and the 10% I didn't care for were not because they were "bad" recipes but because I just don't care for the ingredients in those particular recipes. Ms. Milton has done a great job of easy to follow (I hate cooking in general) instructions, combining ingredients for the best flavors, but most things are very quick and easy to throw together. A few of her recipe do call for more time, but there is nothing complicated about any of them and once you've done them a couple of times, even those become quick. As far as cookbooks? Personally, I LOVE photos with every recipe, as this book has, and all recipes are one page, which I also love. Makes it so easy to copy a page off that I put into a binder of things I make every week. All in all.....thank you, Kelly, for a very well done and beautiful book for Paleo people who are seriously wanting a healthier life but love good food and/or entertaining. I do not drink alcohol, but for those who do.....just a wonderful section for that to be even healthier and still be able to have friends over for dinner or "happy hour." Most of my friends have not even known that these recipes were Paleo - they just ate them up!"

Beth, "Recipes look great and good information for a Non-Drinker!. I just downloaded this to my Kindle app and many of the Recipes look amazing! I've been doing Wheat Belly for 4 months and have lost 28lbs. I've been looking for something similar to this since many of the Paleo Cookbooks I've purchased recently seemed to have a lot of recipes geared towards the International style of cooking and not the relaxed "TGIF" Weekend kind of feel. I can't give a review on how any of them taste, but there are some great ideas here. I was a bit turned off by the Intro chapter that seemed to be more geared towards guys than women. I'm not looking to criticize, just my take. I also have to say that many of the Dessert recipes were things I hadn't thought of and going forward towards the upcoming holidays will be something I can consider having since everyone else in my life thinks going Wheat & Grain free is crazy."

Liv'in Learn, "... tried several of the recipes so far and have liked all of them. We have tried several of the recipes so far and have liked all of them. We are not Paleo, but we have many friends who are, so it was great to find so many recipes for entertaining. I like to have friends over and hate it when I make something half my guests can't eat. I like that most of the ingredients are easy to find in regular, local markets. The book is well written and the recipes are easy to

follow, with many great ideas. The resulting food is tasty, and I like the pictures - they let me know if I was close to getting the food to come out the way it was intended. A good addition. I'm glad I bought it."

Lysa Smythe, "Even the Hard-to-Pleasers are Thrilled with This Book!. I've been waiting for this book to come in (I pre-ordered it)! As I pull it of the wrapper just now two Paleo sharks, uh, connoisseurs greedily grab for this awesome-looking cookbook. This is a family of hard-to-please eaters but they drool over the many and wonderful pictures in this book and exclaim how wonderful the recipes sound. We can't wait to try them, I know what I'll be doing this weekend!! I'll get back with you after we've tried a few and see if they turn out as good as they look! The selection looks outstanding and the ingredients easy to find. I'm diving in, if I don't make it back... the sharks got me!"

Sarah M. Raoufi, "Just ordered a second copy for a gift!. I'm already in love with this cookbook. There are a TON of recipes, something for all types of tastes. This cookbook definitely does not just have to be for happy hour. There are a lot of recipes that would make meals, side dishes and snacks. I LOVE the table of contents with all the thumbnail pictures. I'm such a visual cooker. I'm more likely to cook something if I can see what the final product is going to look like. This provides a thumbnail in the table of contents AND full size photo with the recipe. Great job, Kelly Milton and thank you. I'll be bookmarking her blog and checking it often from now on."

Robert G Boll, "Paleo Perfection. Having spent the better part of a lifetime in the restaurant business, I have had the opportunity to develop, write, test, & edit hundreds of recipes. That being said, Paleo Happy Hour is a must-have for all Paleo People, the book is a veritable Paleo treasure chest. The recipes range from back yard casual to dinner party elegant (the Tuna Tartar Towers & Lamb Lollipops are sensational). The recipes are well written, easy to follow, & best of all - delicious. If you are a visual home gourmet, recipes feature stunning full page photographs. Kelly Milton may well be the Paleo reincarnation of Julia Child. I hope Kelly is busy crafting her next book."

thewests2010, "Perfect cookbook: Easy recipes to follow & beautiful pictures. Not only have I enjoyed this cookbook for myself, as it has delicious easy to follow recipes and beautiful pictures, it also makes a perfect gift. I love how each recipe has a picture, even the index is all pictures! The tips on what you can prep ahead of time, what you can substitute, and if you need specialty tools are super helpful. My favorite recipes so far are the Herbed Butternut Squash Fries (pg 188) and the Spicy Sausage Stuffed Mushrooms, I am sure there are more faves to come. Great cookbook and I love your blog Paleo Girl's Kitchen for even more great recipes."

flsun, "Buy this book!. I LOVE this book! It is my favorite, go-to Paleo cookbook every week. If you're looking to start a Paleo lifestyle, I think this is a great place to start. We often use these

recipes as main courses. My husband was hooked after I made the Taco Sliders with Aioli sauce. This book will not overwhelm you and uses more 'every day' items than some other Paleo cookbooks. Quick, easy, delicious - yum! Buy this book! You won't be disappointed."

Flying Scot, "Great new ideas for entertaining. Perfect for both Coeliacs and everyone else! Different ideas to the normal entertaining appetisers and nibbles - and very easily prepared!"

Danielle, "Five Stars. Very good recipes, very good to be HAPPY."

Cindy Mombourquette, "Fabulous!!!. This book looks fabulous! My mom bought one for my daughter in law and I just had to have one for myself."

The book by Kelly Milton has a rating of 5 out of 4.7. 99 people have provided feedback.

Book Information

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