



3 Healthy Party Appetisers

wendyswaytohealth.com



Quick & Easy Yoghurt Dip

Serves 4

1 cup Greek yoghurt
1 garlic clove, roughly chopped
1 tbsp lemon juice
500g (1lb.) beets, sweet potato, or pumpkin
1 tbsp. olive oil
Salt & pepper to taste

What you need to do

1. Preheat oven to 180°C (375°F) and lightly grease a baking tray with olive oil.
 2. Peel the veggies, cut into even chunks, place on the baking tray and brush with oil.
 3. Roast in the oven for 30-45 minutes, until tender. Baking time will differ depending on which veggies you use. Turn half-way through cooking.
 4. Remove from the oven, allow to cool slightly, then add to a high-speed blender, with the other ingredients.
 5. Blend until smooth, then pour into a serving bowl.
- ◆ Serve with carrot, celery & bell pepper sticks, or your favourite crackers.
 - ◆ Alternatively, use half & half yoghurt and cottage cheese, or yoghurt and tahini.



GF	LC	Q	N			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
5 mins	10 mins	23	0.1	3.3	2.5	

*Nutrition per serving





Chicken Miso Meatballs

Serves 4

¼ cup milk of choice
3 tbsp. white miso
2 cloves garlic, crushed
1 tbsp. ginger, grated
1-2 chilies, diced
2 spring onions, sliced
1 tsp. salt
¾ tsp. black pepper
½ cup breadcrumbs
500g (1 lb.) chicken mince

What you need to do

1. Heat oven to 220°C (425°F).
2. Place all the ingredients in a large bowl. Wet your hands to prevent the mixture from sticking. Using your hands, combine all the ingredients together, mixing well.
3. Wet your hands again and shape the mixture into 12 meatballs.
4. Place the meatballs on a baking tray lined with baking paper. Bake in the oven for 15-20 minutes until golden brown in colour and cooked through.

◆ *Serve warm with your favourite dipping sauce*



DF	LC	MP	HP	Q	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	224	6	15	26

*Nutrition per serving





Sweet Potato Canapés

Serves 4

2 cups sweet potato, grated
½ small onion, grated
1 clove garlic, crushed
2 eggs
2 tbsp. buckwheat flour
2 tbsp. oat flour
2 tbsp. olive or coconut oil
½ tsp. sweet paprika

What you need to do

1. Grate the sweet potato and onion onto a chopping board and using paper towel, remove as much excess liquid as possible.
2. Add to a large bowl with the garlic, eggs, flour and paprika. Mix thoroughly, and season with salt & pepper.
3. Heat the oil over medium heat in a large frypan, and add 1 tbsp. of batter per canapé to fill the pan.
4. Cook the canapés for around 3 minutes, then flip and cook on the other side for 1-2 minutes.
5. Work in batches until all of the batter is used – you'll have around 16 canapés.
6. Serve with your favourite toppings (see ideas below).

◆ **Topping suggestions:**

1/ tomato & red onion;
2/ sliced cherry tomatoes, feta, rocket & onion;
3/ hummus, smashed avocado or ricotta cheese with tomato.



GF	DF	MP	V	Q			
Prep		Cook		Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins		10-15 mins		199	9	25	5

*Nutrition per serving

