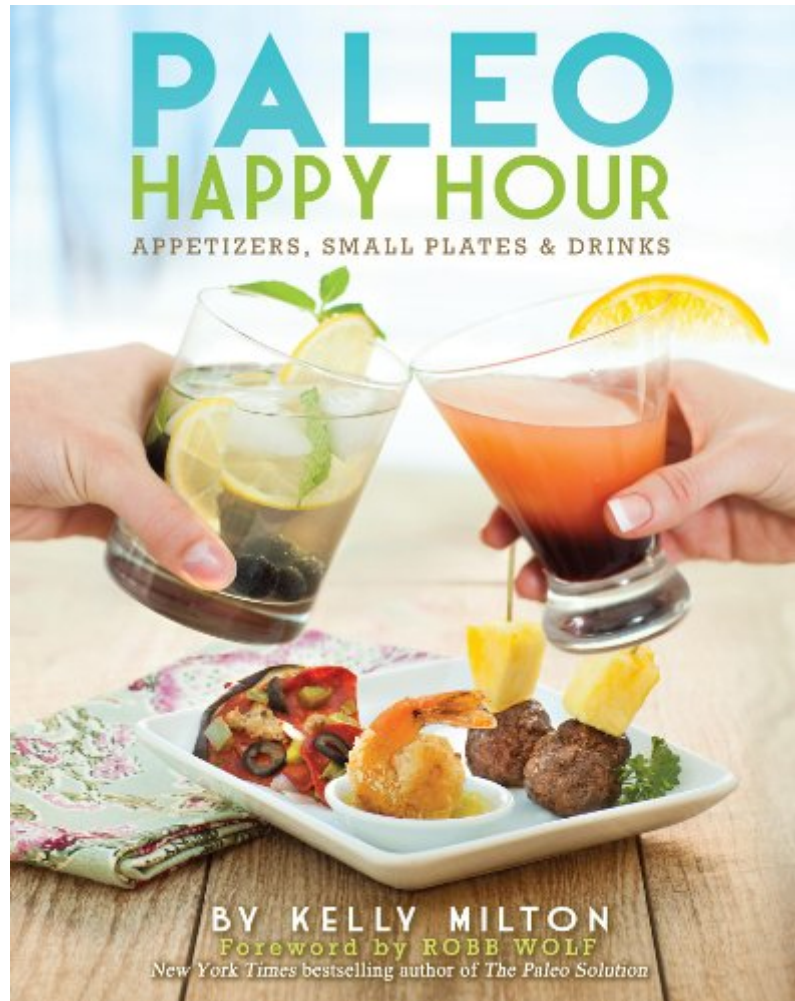


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Paleo Happy Hour: Appetizers, Small Plates & Drinks



Synopsis

Eating Paleo doesn't mean that your life has yield 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, entres, drinks, and desserts!

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Customer Reviews

Here's the thing....you need this book. Kelly nails that piece of paleo that most of us fun havers have been lacking. Yes, we all know that booze isn't paleo, but neither is this computer that I'm writing this review on. SO WHAT??! We all could use fresh, simple and healthier options to entertain us and our guests. "But I don't drink." Um, for starters you should. And secondly, this book is so much more than just cocktail recipes. She not only gives a great reasoning behind why the paleo diet works, she also has a lots of small plate appetizer ideas, snacks and even fun paleo treats that I've yet to see anywhere else. To top things off, the book is fun to read. The graphics, the layout...all cool to just look at and soak up. Kelly did a good thing for us. We owe it to her to sit back and enjoy a few of her avocado margaritas and pecan bars. Yep, that's in there and worth the purchase just for those two things. Bravo!

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.

My husband and I began following the Paleo diet nearly a year ago and one struggle we have run into is serving food for guests that is both appetizing to them and healthful to us. Thankfully, Paleo Happy Hour solves that problem. Paleo Happy Hour has many recipes that fit our dietary needs and are also enjoyed by our non-Paleo friends. When serving items like the Crab-Stuffed Mini Portobello Mushrooms, Spinach Dip and Jicama Chips, and Orange-Chipotle Barbeque Chicken Wings, I don't even have to mention that the food we're eating is Paleo. My guests enjoy the food and I enjoy

maintaining a healthy diet.

This book is full of healthy and DELICIOUS ideas! These small plates are perfect for party snacks but for me they are a part of everyday meals. Perfect for a light dinner and lunch at work! The drinks are a great way to enjoy your favorites without all the guilt. Stay on track with your healthy habits even at the bar. One very special part about this book is the party planning in the back; Ms. Milton outlines the perfect combination of food and drink for any themed party. This takes all the guess work out of party planning, your friends will be impressed! Well done!

Update: I have become a bit of collector of Paleo Cookbooks. I have well over 10 now. There are many great ones out there, but they have a lot of overlap. I find that Paleo Happy Hour has the most fun, unique and original recipes. We make them for both entertaining and for family meals!---One of the challenges of being "Paleo" is hosting your non-Paleo friends... Do you cook traditional food that they will know and like but you would never eat? Do you cook Paleo food that that they will be afraid to try and may not like? This book is the solution! Lots of great tasting, beautiful looking, party recipes that my non-Paleo friends will actually eat, love, and can't believe they are healthy and Paleo! Most recipes are Paleo versions of familiar dishes that you'll recognize and be thrilled to have back in your Paleo life. And of course, these Paleo versions are even better than the original "junk food" versions and guilt-free! We've loved every recipe that we have tried. Some we make make for everyday eating, not just parties! This is a "must have" cook book for any Paleo kitchen especially if you entertain non-Paleo friends!

Wow I'm kind of confused why there are so many 5 star reviews. I tried 3 recipes from this book and all of them had some sort of misprint. Like the Pecan Pie Bars are said to be made in a 10x15 casserole dish in print, but on the authors website it states to make them in a 12 inch dish. Neither I would think most people have on hand. With dates, pecans and almond flour this is not a cheap dish to mess up. I'm Returning my copy in order to recoup the \$23 the pecan pie bar ingredients cost me. Recipes can be adjusted easily but when baking any variation can lead you to something you didn't want. Also know that the publisher posted no errata on this book or any others they publish. If your an experience cook then I'm sure you'll be able to spot the errors. Reader beware.

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 recipes 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!

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