

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Baby Shower Recipes: Food Ideas For Your Shower

By Jennifer Adair

Baby showers are generally held in the later stages of pregnancy (in the last 2 months, for instance). There are, however, certain cultural beliefs that make people purposefully wait for the baby to arrive before having a baby shower. Adoptive parents, at times, wait until after the adoption is final and the baby has arrived in their home.

Baby showers are generally organized by close friends, relatives, or co-workers of the expectant parents (because baby showers center on gift-giving, it is considered inappropriate for a family member to host such events).

In its early form, baby showers were held exclusively for mothers-to-be, and only women were invited to attend the party. In addition, baby showers were traditionally held only for the first child. Today, however, many people arrange baby showers for both parents, and they can now be also arranged for every succeeding children (even children who have been adopted).

Activities in a baby shower typically include games, special activities, presents, and, most especially, food.

Below are some of the most common baby shower recipes:

· Pizza Sandwiches

Pizza sauce (can be store-bought or homemade) Cottage cheese (lowfat) English muffins Parmesan cheese

1. Mix 2-3 tbsp of pizza sauce with 2-3 tbsp of cottage cheese.
2. Spread the mixture onto one half of the English muffin.
3. Sprinkle with parmesan cheese.

Baby Shower Recipes: Food Ideas For Your Shower

4. Broil for 5 minutes or until cheese is melted. Serve.

· Creamy Tomato Soup

1 tsp vegetable oil 1 can tomato soup (condensed) Milk 1 tbsp basil Mozzarella or croutons (for toppings)

1. Heat vegetable oil in a medium saucepan.
2. Add the tomato soup.
3. Add milk (approximately the same amount as that of the tomato soup).
4. Add basil and cook slowly on low heat (do not boil).
5. Top with a sprinkling of shredded mozzarella and croutons. Serve.

· Cheese Balls

½ lb cheese (cheddar or grated) 1 tsp Worcestershire sauce 1 pack cream cheese 4 oz Tabasco sauce 2 tsp onion Chopped nuts 2 tsp catsup or chili sauce

1. Mix all ingredients together using a mixer or a food processor (the cheese should be at room temperature).
2. Empty mixed ingredients on small bowls lined with plastic wrap.
3. Refrigerate overnight.
4. To serve, remove wrap and sprinkle with nuts. Serve with assorted crackers.

· Chicken Puffs

4 tbsp butter ½ cup boiling water ½ cup flour 2 eggs ½ cup shredded cheese 2 cups cooked chicken 2 tbsp olives 2 tbsp wine ¼ cup mayonnaise

1. Melt butter in boiling water.
2. Add flour.
3. Stir vigorously until mixture forms a ball.
4. Remove from heat and cool slightly.
5. Add egg and beat briskly until smooth.

Baby Shower Recipes: Food Ideas For Your Shower

6. Stir in cheese.
7. Scoop 1 tsp dough into a greased baking sheet.
8. Preheat oven to 400°F.
9. Bake the puffs for 20 minutes. Remove from oven, cool, and split.
10. Combine the remaining ingredients with the finely chopped cooked chicken, pimiento, and olives.
11. Fill each puff with 2 tsp of the mixture. Serve.

There are just some of the baby shower recipes, there are numerous others to choose from – from sandwiches & finger foods, to snacks and dips and sweets – appetizing, yet simple and very easy to prepare.

Download your free baby shower planning report today for great ideas and tips for planning amazing baby showers at

<http://www.babyshowerguidebook.com/>

Baby Shower Favors: Ideas And Tips For Making The Right Choice

By Jennifer Adair

Planning a baby shower is an exciting time but it is important that the proper steps are taken to insure that the shower is a success. Enjoying a baby shower is twice the fun because the parents-to-be get to share the excitement and happiness that they feel with their friends and relatives.

A baby shower is actually a type of party that the couple's friends or relatives had prepared. Because it is a party, it entails the gifts, food, and of course the party favors that are usually present in any other party or celebration.

Like any other party, choosing the right baby shower favor can be very tedious especially if it aims to make the event memorable. There are so many baby shower favors that choosing the best can be pretty confusing.

So, for people who wish to know how to choose the right baby shower favor, here are some pointers that can be very handy.

1. Always consider the personality of the mother-to-be when choosing a baby shower favor.

Even if the friends or the relatives are the ones who prepared the invitation, it is still a must to consider the personality of the mother-to-be when choosing baby shower favors.

Baby Shower Recipes: Food Ideas For Your Shower

After all, you would not want to create misunderstanding or misconceptions just because you have chosen baby shower favors that do not fit to the personality of the mother, right?

2. Shop around

It always pays to shop around before deciding on something. This will give you enough time to contemplate and compare which baby shower favor is suitable for the occasion.

Best of all, you get to choose the most affordable, most attractive, and most appropriate baby shower favors available in the market.

3. Use a lot of resources when looking for the best baby shower favors.

Today, there are many available resources where you can find great ideas on baby shower favors.

In print, you can find some great ideas in the magazines and books about baby showers. You can also find some useful ideas in the Internet.

What matters most is that you have plenty of resources where you can get the best baby shower favors for the guests.

4. Ask the other people about some of the ideas used on baby shower favors.

There are people who have already attended baby shower parties, so, their opinions can be a lot of

help. You can ask them what kinds of party favors are usually being used in the baby showers or what would they prefer to have on their own baby showers.

5. Consider the baby shower favors that are already tried and tested by a lot of baby shower parties.

These kinds of baby shower favors will be a sure hit even if the personality of the expectant mother had not been considered. This is because for so many events, these kinds of party favors had been appreciated by most people, and the people who will attend on the baby shower will appreciate it, too.

Indeed, baby shower favors can be really tedious but with careful planning and considerations, the baby shower event will turn out to be very memorable because of the favors that the guests have received.

Nothing comes close to ending this wonderful event than to have baby shower favors that would reflect the merrymaking of the delight and joy of all the people who came to celebrate the upcoming arrival of the new baby.

Download your free baby shower planning report today for great ideas and tips for planning amazing baby showers at

<http://www.babyshowerguidebook.com/>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!