IBD-AID Baby Shower Menu Ideas 

**Brunch Options**

Mom’s Blueberry Mini-Muffins

<https://www.umassmed.edu/nutrition/ibd-aid/breakfast/moms-blueberry-muffins/>

Anytime Egg Cups

<https://www.umassmed.edu/nutrition/ibd-aid/breakfast/anytime-egg-cups/>

Baby Spinach Salad with Roasted Pears, Walnuts, Farmer’s Cheese & Orange Balsamic Vinagrette

<https://www.umassmed.edu/nutrition/ibd-aid/salads_and_side_dishes/baby-spinach-salad-with-roasted-pears-walnuts-farmers-cheese--orange-balsamic-vinaigrette/>

Carrot & Ginger Soup

<https://www.umassmed.edu/nutrition/ibd-aid/soups/carrot-and-ginger-soup/>

Classic Carrot Cake

<https://www.umassmed.edu/nutrition/ibd-aid/desserts/Classic-Carrot-Cake/>

Lemon & Strawberry Infused Water

*Other suggestions*: Cinnamon Apple Muffins, Olive Rosemary Bread, Farmer’s Cheese Spinach Fritatta, Cinnamon Coffee Cake, Pear Crisp

<https://www.umassmed.edu/nutrition/ibd-aid/breakfast/cinnamon-apple-muffins/>

<https://www.umassmed.edu/nutrition/ibd-aid/breads/olive-rosemary-bread/>

<https://www.umassmed.edu/nutrition/ibd-aid/breakfast/farmers-cheese-spinach-frittata1/>

<https://www.umassmed.edu/nutrition/ibd-aid/desserts/Cinnamon-Coffee-Cake1/>

<https://www.umassmed.edu/nutrition/ibd-aid/desserts/Pear-Crisp/>

**Lunch Options**

Quick Indian Spiced Chicken Wraps (wrapped in Boston Lettuce)

<https://www.umassmed.edu/nutrition/ibd-aid/entrees/quick-indian-spiced-chicken-lettuce-wraps/>

Spinach Cheese Puffs

<https://www.umassmed.edu/nutrition/ibd-aid/entrees/sues-spinach-cheese-puff/>

Crudite with Miso Sauce and Spinach Artichoke Dip

<https://www.umassmed.edu/nutrition/ibd-aid/sauces-and-condiments/miso-sauce/>

<https://www.umassmed.edu/nutrition/ibd-aid/Snacks-and-appetizers/spinach-artichoke-yogurt-dip/>

Zucchini Lasagna

<https://www.umassmed.edu/nutrition/ibd-aid/entrees/zucchini-lasagna/>

Coconut Cake

<https://www.umassmed.edu/nutrition/ibd-aid/desserts/Coconut-Cake/>

Basil Lemonade

*Other suggestions*: Tuscan Tuna Salad, Carribean Avocado Soup, Mango Salsa with Tricolor Chips,

Curry Lentil Shepherd’s Pie Minis (baked in muffin tins), Lemon Madeleines

<https://www.umassmed.edu/nutrition/ibd-aid/entrees/tuscan-tuna-salad/>

<https://www.umassmed.edu/nutrition/ibd-aid/soups/caribbean-avocado-soup/>

<https://www.umassmed.edu/nutrition/ibd-aid/Snacks-and-appetizers/mango-salsa/>

<https://www.umassmed.edu/nutrition/ibd-aid/Snacks-and-appetizers/tricolor-chips2/>

<https://www.umassmed.edu/nutrition/ibd-aid/entrees/shepherds-pie/>

<https://www.umassmed.edu/nutrition/ibd-aid/desserts/Lemon-Madeleines/>

Check out <https://umassmed.edu/nutrition/melody-trial/ibdaidrecipes/> for more recipe ideas!