Little Olive Penguins

The Party Canapés That Stole the Show

A Little Christmas Party on a Plate · Makes 12 · Ready in 15 minutes



Sometimes the simplest things get the biggest smiles. These little penguins began as a fun idea from my daughter. I thought they might be fiddly, but we gave them a go — and they were the stars of the party.

They do not need to stand perfectly straight or look identical. In fact, the wonky ones are often the most endearing.

A little bit of fun to make, and even more fun to share.

RECIPE ON PAGE 2

Make your penguins

12 penguins · About 15 minutes · No cooking

What you need

- 12 mozzarella pearls (about 10 g each)
- 24 pitted black olives, plus a few spares
- 1–2 carrots
- 12 cocktail sticks

How to make them

1. Cut 12 carrot rounds about 5 mm thick. Cut a small wedge from each round to make two little feet. Keep the wedges for the beaks.

2. For each penguin, carefully slit one black olive lengthways along one side and open it gently around a mozzarella pearl to make the body and wings.

3. Place a whole pitted olive on top for the head, with its existing hole facing forwards. Push a small carrot wedge into the hole for the beak.

4. Use a cocktail stick vertically through the head, mozzarella body and carrot feet to hold everything together. Arrange on a plate and keep chilled until serving.

Make It Yours

A little wonky? Perfect. Olive sizes vary, so use what fits and adjust as you go. For a different filling, you could try a little firm cream cheese instead of a mozzarella pearl, though the shape and nutrition will change.

Approximate nutrition per penguin

40 kcal · Carbs 1.2 g · Protein 2.1 g · Fat 3.0 g

Based on 10 g mozzarella, approximately 8 g black olives and 8 g carrot per penguin. Actual values depend on size and brand. Contains milk. Remove cocktail sticks before eating; take care when serving to children.

Small bites, big enjoyment. The figures are per piece — the rest is up to you.

Have you made a particularly charming wonky penguin? We would love to see your creations — share a photo with Breathe and Nourish!