



Super Bowl Substitutes



No matter which team you root for or even if you don't root for any team at all, there will definitely be some of your typical tasty (and maybe not so healthy) snacks while you watch the Super Bowl. This year, fuel your team spirit with some healthier alternatives!



Instead of traditional chicken wings...

...make your own **grilled chicken wings**

Grill raw chicken wings in vegetable oil and coat with your favorite barbeque sauce before serving. However, you can use any recipe you would like!



Instead of creamy dips...

...make a **switch**



When making dips from scratch, use Greek yogurt in place of the sour cream. Or, skip the creamy dip altogether and have a tasty guacamole or salsa instead!



Switch things up from regular chips by serving baked chips or popped rice snacks in an assortment of flavors. Or, skip the chips all together and serve fresh, crunchy veggies like carrots, bell peppers, snap peas, or cucumbers.

...pick a **healthier option**



Instead of ordering pizza or baking a frozen one...

...make a **homemade pizza**



Frozen or delivery pizza may be easy, but making your own can be much healthier and more fun. Make your own traditional pizza crust and load it up with veggies like peppers, mushrooms, and black olives. Or, have everyone make their own personal pizza using whole wheat pita bread as the crust!