Pretzel Potpourri
Yields 7 (1 1/2 cup) servings

**Nutritional Information Per Serving:**
129 calories, 7g protein, 18g carbohydrate, 4g fat (0.8 g saturated fat), 0.5mg cholesterol, 2.5g fiber, 245mg sodium

**Ingredients:**
- 1 cup pretzel sticks
- 1 cup reduced fat Cheez-Its
- 1 cup Multi-Bran Chex (or similar cereal)
- 1/2 cup roasted soybeans (original or flavored)

**Preparation:**
Toss:
- Add all of the ingredients into a half-gallon or gallon-size resealable bag, seal it well, and toss the ingredients to blend.

Go:
- Take it with you on your road trip or store it in your desk for a healthy, flavorful, high-fiber snack!

Snacking Smart on Super Bowl Sunday

Making a dip? Most dips use a base of sour cream, yogurt, mayonnaise, or cream cheese. Use a low-fat or lite version of these ingredients, and you’ll cut the calories of the dip by half!

Serving crunchy snacks like chips, pretzels, and crackers? Choose the reduced fat, baked, and whole grain versions of these snacks. Also consider offering raw vegetables to add low-cal crunch and color to your snack tray.

What Super Bowl party would be complete without cookies, brownies, or a cake? If you’re doing the baking, try substituting unsweetened applesauce for some or all of the oil, margarine, shortening, or butter in your recipes. Applesauce has less than half the calories, and your trimmed-down desserts will be moist, delicious, and nutritious.

Here are a few new recipes you might like to try for the big game or future social events:

**Pretzel Potpourri**

**Ingredients:**
- 1 cup pretzel sticks
- 1 cup reduced fat Cheez-Its
- 1 cup Multi-Bran Chex (or similar cereal)
- 1/2 cup roasted soybeans (original or flavored)

**Preparation:**
Toss:
- Add all of the ingredients into a half-gallon or gallon-size resealable bag, seal it well, and toss the ingredients to blend.

Go:
- Take it with you on your road trip or store it in your desk for a healthy, flavorful, high-fiber snack!

**Easy Antipasto**

**Ingredients:**
- 1 med. plum tomato, sliced
- 1 cup cooked vegetables (broccoli and cauliflower florets and green beans)
- 1/2 cup snipped fresh parsley
- 1/4 cup Litehouse Italian dressing

**Preparation:**
Combine:
- Chopped tomatoes, sliced vegetables, fresh parsley, and Litehouse Italian dressing, until well combined. Serve chilled.

**Totally Tasty Trail Mix**

**Ingredients:**
- 1 cup dried fruit and nuts (e.g. Trail Mix or Harvest Mix), includes dried fruit, sunflower seeds, or peanuts
- 1/2 cup Chex cereal
- 1/2 cup cornflakes
- 1/2 cup Dried apricots or dates
- 1/4 cup raisins

**Preparation:**
Combine:
- 3/4 cup of the ingredients into a gallon-size resealable bag, seal it well, and toss the ingredients together to blend.

Go:
- Take it with you on your next trip or store it in your desk for a healthy, quick, high-fiber snack!