



# QUESTIONS?

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Swing by the Coos Head Co-Op or visit the Food & Nutrition Group Website at <https://coosheadfood.coop/food-nutrition-group>

# SOURCES

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- [www.tasteofhome.com/recipes/garlic-bean-dip/](http://www.tasteofhome.com/recipes/garlic-bean-dip/)
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# SNACKS FOR THE SOFA



HEALTHY SNACKS FOR YOUR FAVORITE SPORTS EVENT

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# WHY HEALTHY SNACKS?

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Sports are the perfect reason to get together with friends and family to cheer on your favorite teams.

But traditional sports snacks are loaded with calories, saturated fats, and cholesterol. Not only are they higher in calories, but supporters of the losing team have been shown to consume even more fats and calories.

By using these tasty recipe swaps, you'll be the hit of your next sports event with delicious, healthful, and low-calorie plant-based snacks for the sofa.

Snack smarter with these tasty recipe replacements!

# RECIPES

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## GARLIC BEAN DIP

Cannellini beans are a wonderfully nutritious replacement for refried or pinto bean dips. This recipe has fewer calories than a refried bean dip and is an excellent source of fiber, folate, iron and magnesium.

Recipe:

[www.tasteofhome.com/recipes/garlic-bean-dip/](http://www.tasteofhome.com/recipes/garlic-bean-dip/)

## CAULIFLOWER BUFFALO WINGS

Frequently eating fried foods (especially fried chicken) increases risk of death by heart disease. Replacing chicken wings with cauliflower wings is a tasty way to reduce calories, saturated fat, and is packed with fiber and antioxidants.

Recipe:

[www.tasty.co/recipe/buffalo-cauliflower](http://www.tasty.co/recipe/buffalo-cauliflower)

## MARINARA MEATLESS SLIDERS

Replacing sliders with meatless substitutes also reduces calories and saturated fat.

Meatless substitutes also offer a more sustainable option by using 99% less water, 93% less land, and 46% less energy than producing a beef patty.

Recipe:

[www.theedgyveg.com/2020/08/06/vegan-meatball-sub/](http://www.theedgyveg.com/2020/08/06/vegan-meatball-sub/)

