

Healthy Super Bowl Snacks

With Mama T from Down to Earth

You have some healthy options if you are looking to snack...

Mama T is joining us live from Down to Earth...

With some healthy food options on this Super Bowl Sunday...

Mama T: Good Morning!

Good Morning... and thank you so much for coming in...we appreciate it.

Mama T: It's an honor to be here...thank you...

I was doing some research on this....

And I cannot believe...

And Lara, I know you're listening to this...

1200 calories on snacks...

Is what an average person will eat...

Just on the snacks...

We're talking about the chips and the wings...

And 50 grams of fat...

You say..."You don't have to do that..."

Mama T: Right

And also if you're a busy working Mama...

And you want to make it quick and easy...

You can visit Down to Earth...

All of this was from our salad bar...

And just our "Grab and Go..."

So you can make it quick and easy for yourself...

Let's start down here...

Because we have a variety of color...

Which we always love in our food...

When we have a lot of color...

Mama T: These are one of my most favorite...

They're Kale chips...

They come in a variety of flavors...

The cheesy is so good!

But this is the plain one that is also delicious!

We have some baked chickpeas...

Which are low in calories and super flavorful...

From our salad bar...

We have... this is a summer roll wrap.

That is gluten-free and delicious!

You can cut it up and serve it as an appetizer...

And one of our floor guys has already claimed that...

I know... I was... I said..."Can I have that?"

[Laughter]

They've already claimed it...

Alright...

Pizza... so you can have pizza...

And you can have it in a healthier version...

Mama T: Right... and it's super quick and easy...

You can make it simple on yourself...

This is the vegan cheese-less...

And it's our family favorite...

My daughter actually loves that one...

We have hot wings that are vegan...

And they are so good!

And less calories, and no cholesterol...

So there you go...

Sliders... the same thing...

They're vegetarian...

So the cholesterol is low...

Calories are lower...

You have a whole party out here...

Mama T: I know...right?

So we can have a Super Bowl with everybody...

I know... You know, I'm going to start eating the chips...

Because this is something you guys really have...

So you can forget the Lays chips...

That we were just telling you about...

The 11 million pounds...

Mama T: Right... and also you can choose baked...

That's an also a great healthy alternative...

These dips are all on our salad bar...

This is the mock chicken tofu salad...

That's one of our most favorite and popular...

And then for a healthy treat...

Fruit with chocolate pudding that we make right in-house...

We also have a wide variety of recipes...

If you want to be ambitious and cook...

That are a healthy version of the traditional...

Where do we get the recipes?

Mama T: And so DowntoEarth.org

And then also there's a Pinterest link...

And we have already selected 12 recipes that you can choose...

That are beautiful with pictures...

You can pin 'em...

And then you can share 'em with your guests...

Mama T, thank you so much!

I'm taking this back to the desk...thank you!

So Paul... I'll save something for you, but not the pudding.

Paul: Alright... ahhh...yup.

Thanks for that...that's pretty cool!

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