



21 Healthy Game Day Appetizers & Cocktails

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Healthy Game Day APPETIZERS & COCKTAILS

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The internet is buzzing with Super Bowl Party Recipes, Game Day Decorations and football rules and regulations on deflated footballs. I personally am all about the food. I wasn't sure if I wanted to jump on the Super Bowl Bandwagon this year, but after talking with my hair stylist she said she'd like to see more healthy recipes for Super Bowl Party munching. After the gluttonous holidays many people have started eating healthy and don't want to ruin their progress by gorging on high calorie dips and chips

When it comes to parties I typically throw all thoughts of healthy food out the window. Who wants to eat quinoa and kale at a Super Bowl party? However, after scouring Pinterest for healthier appetizer and cocktail options, I surprisingly found some recipes that look really good. I would enjoy eating any of these and I hope you enjoy them too. Click on the link for each individual recipe. I didn't include dessert recipes because to me healthy and dessert don't really go together. If I'm going to eat dessert I'd rather have the real deal and just eat a smaller portion of it.

Appetizer Recipes

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1. [Baked Sun Dried Tomato & Spinach Chicken Parmesan Meatballs](#) from | Thee Cook

2. [Lightened Jalapeño Popper Dip](#) from Ring Finger Tan Line
3. [Asian Meatballs with Pineapple Slaw](#) from Recipe Runner
4. [Mini Turkey Burgers with Gorgonzola](#) from My Recipes
5. [BLT Lettuce Wraps](#) from The Skinny Fork
6. [Mini Cauliflower Pizza Bites](#) from Dashing Dish
7. [Broccomole: Broccoli Guacamole](#) from Domestic Fits

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1. [Skinny Buffalo Meatballs](#) from The Skinny Fork
2. [Yogurt & Chive Potato Rounds with Smoked Salmon & Capers](#) from Amee's Savory Dish

3. [Skinny Buffalo Chicken Dip](#) from The Recipe Runner

4. [Quinoa Pizza Bites](#) from Jessica In The Kitchen

5. [Spinach & Goat Cheese Stuffed Mushrooms](#) from Joyful Healthy Eats

6. [Twice Baked Sweet Potatoes](#) from Health

7. [Zesty Marinated Shrimp](#) from Taste of Home

Skinny Cocktails

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1. [Skinnygirl Cucumber Refresher](#) from You Beauty
2. [Skinny Margaritas](#) from Cookie + Kate
3. [Fireworks in a Glass](#) from You Beauty
4. [Skinny Moscow Mule](#) from The Wedding Chicks
5. [Sparkling Greyhound](#) from Health
6. [Rum Orange & Carrot Cocktail](#) from Honey and Birch
7. [Bloody Mary](#) from Fitness

You can follow me on Pinterest [HERE](#). Iâ€™m forever collecting recipes and entertaining ideas.

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