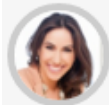




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Healthy Tailgating Ideas Your Crowd Will Be Pumped For

It may sound surprising, but a tailgating party doesn't have to mean hot dogs and fried fare. Yes, you can host a tailgating party that has a gourmet and healthy feel yet still be fun. Mix it up! Rotate among these 12 nutritious, delicious suggestions this football season!



By Rania Batayneh of Essential Nutrition for You



Just because you're hosting doesn't mean you have to spend all of your time preparing the spread. Check out these 12 simple ideas for eats that you can pick up at the store, embellish with a few toppings, and serve this football season! (These ideas make for a great dinner party too ... but let's keep that our little secret.)



Cheezecake, Please!

Making desserts can be time-consuming -- not to mention finding something everyone likes and can eat. I love serving my guests **Daiya's Cheezecakes** because they are plant-based, which means even my friends with food sensitivities or special diets can indulge. Each flavor is rich and creamy, and made with an artisanal gluten-free crust. They're available in four varieties: New York, Key Lime, Strawberry and Chocolate, and they're easily topped with fresh fruits or other festive additions for a quick, beautiful, and tasty dessert.



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<http://www.marthastewart.com/1500509/healthy-tailgating-ideas-your-crowd-will-be-pumped>