




Be Healthy When Entertaining




When you're entertaining it's often easy to fall into the routine of serving the same old high calorie, high fat dishes. But with a little creativity, your meal can be made a lot healthier and still taste great! Try some of these options:

 **Fantastic fondue:** Add apples, cauliflower, and carrots to your cheese fondue, and pineapple, bananas, or strawberries to your chocolate fondue.

 **Quesadillas:** Use different cheese such as Brie or Gouda and add apples or pears for a sweet twist! If you opt for veggies instead, use mushrooms, peppers, and onions. For a seasonal flavor, try pumpkins! These finger foods are quick, easy, and great for parties!

 **Apples, apples & more apples:** On the traditional cheese and fruit platter, offer samples of 3 or 4 different apple varieties.

 **Fire up the grill:** After dinner, grill peaches, pineapple, or kiwi for a tasty dessert.

