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HEALTHY GAME DAY SNACKING

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Football season is BACK! As you prepare for your tailgate parties, check out some of these snacks that put a healthy twist on a classic gameday recipe!



EVERYTHING BAGEL CHEESE BALL

This recipe has all the flavor of an everything bagel without all the carbs and with just 3 ingredients! My kind of snack and I want to emphasize the bagel taste! Serve it with bagel chips and some raw veggies for dipping to keep things healthy.

INGREDIENTS:

- 8 oz. reduced-fat cream cheese, softened
- 1 1/2 cups shredded Cheddar cheese
- 4 Tbsp. everything bagel seasoning, divided

DIRECTIONS:

- Stir cream cheese, Cheddar and 2 tablespoons seasoning together in a medium bowl.
- Coat a large piece of plastic wrap with cooking spray. Scoop the cheese mixture onto it. Using the plastic wrap to help you, form the cheese mixture into a ball, then wrap completely in plastic. Refrigerate for at least 1 hour.
- Just before serving, pour the remaining 2 tablespoons seasoning into a shallow dish. Roll the cheese ball in the seasoning, pressing to adhere.

NUTRITION FACTS:

Serving Size: About 2 Tablespoons

Per Serving: 107 calories; protein 5g; carbohydrates 3g; dietary fiber 0g; sugars 1g; fat 8g; saturated fat 4g

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