As January comes to a close let's not let our New Year's resolutions dwindle. I don't know many people who can realistically say they did not resolve to live a healthier lifestyle and lose weight. So how do we meet that challenge.

There are always healthier alternatives to the traditional, and these days who doesn't want to mix it up a bit? Now let's be realistic here, not everyone wants to eat healthy all the time. I, for example, love to indulge in a heaping bowl of cookies and cream ice cream every once in a while, however, we have to start somewhere.

To me, finding new ways to make healthier meals and snacks for my family is a challenge, and I am usually successful in finding a few small alterations that I can make.

So as we prepare for upcoming gatherings and the "big game" on Sunday, try and steer from the traditional toward the healthy lane with a few new and healthy snacks such as:

Footballs in a Blanket

2 cans refrigerated reduced fat crescent rolls

10 bun-length lower fat turkey franks

Preheat your oven to 375 degrees. Unroll dough and separate the triangles. Cut each triangle in

half.

Cut each hot dog into two or three inch sections.

Place a piece of hot dog on a small triangle and wrap.

Place on a baking sheet and repeat. Bake for 11-13

minutes or until golden brown. Serve with your favorite

dipping sauce.

Now I know everyone will want the traditional chips and dip, but why not bake your own chips? Or you could always serve apples and great dip instead!

Baked Tortillas

1 package fat free tortillas

2 tablespoons virgin olive oil

salt to taste

Slice tortillas into eight wedges and place on a baking sheet. Spritz or brush with oil. Sprinkle with salt or other seasonings of your choice. Bake at 350 degrees for 7 minutes, turn and bake 7-8 minutes or until golden brown.

Carmel Apple Dip

1 package fat free cream cheese (softened)

1 cup brown sugar

1 teaspoon vanilla

Cream all ingredients together, chill and serve with apples or your favorite fruit.

On a side note, Jan. 31 is National Popcorn Day, and who doesn’t love popcorn. So pop out that delicious filler as well. Trust me, no one will be disappointed. Add a few sprays of I Can’t

Believe It’s Not Butter, if you need a little extra flavor.

Now, I have a request to make of readers. As I venture out attempting to combine the wonderful world of both food and health, I would ask for your help. If you have a family favorite recipe or creative idea you would like to share, please bring it in. I would love to do an article about you.

Healthy snacking everyone!