**Super Bowl Super Foods**

Get stronger and help reduce climate change by switching to more plants and less animal food.

Did you know that super bowl super quarterback Tom Brady’s diet is 80% plants?

To learn about other super athletes who eat mostly plants watch the movie *Gamechangers*.

Here is the 2 minute trailer: <https://www.youtube.com/watch?v=iSpglxHTJVM> or

watch the whole 1 ½ hour movies here: <https://www.youtube.com/watch?v=ove9b16OeR4>

Try making this delicious cheezy-like sauce for vegetables or to make potato skins vegan:

¾ c. cashews, soaked for 30 minutes, then drained

3 T. canned chopped mild chiles or jarred roasted red peppers

1/3 c. nutritional yeast

1 T. vinegar

2 t. fresh lemon juice

1 t. miso paste

½ t. smoked paprika

½ t. turmeric

½ t. onion powder

½ t. garlic powder

½ t. cumin

Blend all ingredients, adding a little water if a thinner sauce is desired.

Adapted from Dr. Gregor’s *How Not to Diet Cookbook*.

Top your potato skins or halves with some sauce and add other toppings such as salsa, chopped green onion, and/or chopped avocado.

For more super bowl snack ideas: <https://www.forksoverknives.com/healthy-super-bowl-food/?utm_source=Klaviyo&utm_medium=newsletter&utm_content=FOK%20Super%20Bowl%20Menu%20Builder&utm_campaign=1.30.2021%20Healthy%20Game%20Day%20Eats%20%28ThtNgV%29&_ke=eyJrbF9jb21wYW55X2lkIjogIktDSE5FYSIsICJrbF9lbWFpbCI6ICJsYWNrZXlhbm5lQGdtYWlsLmNvbSJ9>