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In The Kitchen / Tools

Healthier Versions of Your Favorite Junk Foods

If you're looking for an excuse to treat yourself once in a while, you just found it. Here are eight items that mimic your favorite junk foods without all those unpronounceable ingredients

Text by Marissa Lippert



*You love: Frozen French Bread Pizza
Try instead: EVOL Flatbreads*

Frozen pizzas have graced nearly everyone's freezer at some point. But many conventional brands overdo it on the calories and the oh-so-unhealthy saturated fats (a.k.a primary risk factors of heart disease). EVOL Flatbread boasts a lower calorie count, 5 fewer grams of fat per serving, and has a shorter ingredient list that focuses on real foods such as asiago, fontina and parmesan cheese, tomato sauce and basil—not Stouffer's "smoke flavoring."

Find the entire article online at:

<http://www.bonappetit.com/tipstools/slideshows/2011/10/healthy-junk-food#slide=4>