

What Makes a Really Good Party?

Be the hit of summer parties with these delicious (and good for you), snacks from registered dietician Ashley Koff and founder of [Ashley Koff Approved](#).

We all know what makes a party great...the food! Whether it's a buffet, a BBQ, a holiday or a birthday party, here are some favorites that taste great, and are assured crowd pleasers for your next gathering.

Look for 100% real food when choosing snacks. Choose potato chips (including the skins please), versus puffs or pops, and yogurt-based-dip or guacamole versus processed or cream-based dips.

Here are some ideas for healthy, and delicious, all natural party treats:

1) Kettle Brand® Baked Potato Chips - with these crunchy treats your guests get all the benefits of potatoes including great taste and a good source of potassium. Kettle Brand® also sources all non-GMO potatoes and never uses artificial flavorings. Put them out plain or serve with a series of healthier dips.

2) HealthIER dips - what do (preferably organic) salsa, guacamole, and yogurt-based dips have in common? They're REAL food that will both nourish and satisfy. Skip the "cheese food dip" or the ranch dressing options and try Greek yogurt or pesto instead.

3) On the Sweeter Side - another place where REAL food can be a crowd pleaser are sweet treats. How about a sundae set-up with plain (preferably organic) yogurt and lots of better-for-you toppings like organic cereals, coconut pieces, cacao nibs, and organic berries? Sprinkle organic Kettle Brand® Baked Sea Salt Potato Chips on your sundae for a perfect sweet and salty combo.

Lots of these recipes can be found in my cookbook, *Recipes for IBS*. The cookbook is not just for those with digestive issues, but certainly for those seeking to eat to prevent them.