Super Fit Super Bowl | Recipes & Tips

Consider this your official playbook for a Super Fit Super Bowl! I've curated three fabulous recipes to help you celebrate the big game while staying on track with your health goals. They're simple, crowd-pleasing, and incredibly versatile. Whether you're hosting a full house or just looking for a healthy snack while you watch, these recipes are all about big flavor and even better energy.

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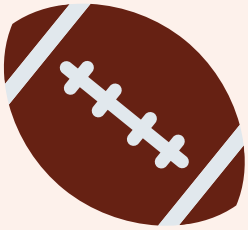
What's Inside?

Spinach Cauli-Power Dip
Get ready for a creamy, cheesy classic—with a hidden veggie twist! This dip swaps heavy creams for a nutrient-dense cauliflower base, giving you all the rich texture you crave without needing the mid-game power nap. It's warm, savory, and so delicious that your guests won't even realize they're getting a full serving of vegetables with every scoop.

Touchdown Tempeh Tacos
Level up your taco bar with these savory, protein-packed Tempeh Tacos. We've crumbled and seasoned the tempeh to perfection, creating a "meaty," satisfying texture that stands up to all your favorite toppings. They're zesty, filling, and the perfect hand-held fuel to keep your energy high from kicking off the ball until kicking off your shoes.

Quarter-Black Bean Brownies
Finish the game on a high note with these rich, fudgy brownies. You'd never guess the secret ingredient is black beans! They provide a boost of fiber and protein while keeping the center incredibly moist and decadent. Naturally sweetened and deep in chocolate flavor, these are the ultimate guilt-free treat for the fourth quarter.



Ready to get started? Let's dig in!

— Marissa Powers, Owner, Powers Health & Wellness
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Spinach Cauli-Power Dip (serves 12)

Prep time: 10 minutes Cook time: 35-40 minutes

Ingredients

- 12oz bag frozen cauliflower
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 cup plain Greek yogurt
- 1 8oz block cream cheese, softened
- ½ cup parmesan cheese
- ½ cup nutritional yeast
- Salt and pepper to taste
- 12 oz bag frozen spinach

Dipper Options, Not Limited to

- Carrot & Celery Sticks
- Bell Pepper Slices
- Sliced Baguette
- Pita Bread
- Tortilla Chips

Instructions

1. Preheat oven to 375°F.
2. Steam the cauliflower until tender. While warm, blend well in food processor with cream cheese. Transfer to large mixing bowl.
3. Add Greek yogurt, nutritional yeast, parmesan, garlic and onion. Blend until smooth.
4. Lastly, add in the spinach. Pulse until gently combined, then transfer mixture to baking dish.
5. Bake dip at 375°F for 20 minutes. Mix well and bake an additional 20 minutes, or until the top is golden and the edges are bubbling.
6. Serve & pair with sliced celery, carrots, and pita chips- or anything you like!

Nutrition Info (Dip Only, Approximate Per Serving) Calories: 142, Protein: 10g, Total Fat: 9g, Saturated Fat: 5g, Carbohydrates: 8g, Fiber: 3g, Sugars: 2g, Sodium: 325mg, Cholesterol: 25mg

Pro Tips:

- **Vegan Variation:** Swap out the parmesan for even more nutritional yeast. Trade the Greek yogurt for firm tofu. For the cream cheese try the cashew version- it's delicious!
- **Prep Ahead:** Just complete steps 2-4 a few days in advance, and pickup on step 5 the hour before you're ready to serve.
- **Leftovers?** Don't let them go to waste! Spread on a tortilla or pita, top with cheese and veggies to toast up a fabulous flatbread.

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Touchdown Tempeh Tacos (makes 12)

Prep time: 10 **Cook time: 20**

Ingredients

- 8oz package tempeh
- 1 tbsp olive oil
- 1 small yellow onion, diced
- 1 poblano pepper, diced
- 2 tsp cumin
- 2 tsp paprika
- 1 tsp garlic powder
- 1 tsp dried oregano
- ½ tsp cayenne (optional for heat)
- 2 tbsp low sodium soy sauce
- 1 cup water
- 12 6" corn tortillas

Optional Toppings, Not Limited to

- cheese
- avocado
- sour cream
- shredded lettuce
- sliced olives
- pickled jalapenos
- diced tomatoes/ salsa
- lime wedges
- chopped cilantro

Instructions

1. Remove tempeh from packaging and crumble it into a microwave safe bowl. add water to cover the tempeh and cook in the microwave 10 minutes. Allow to cool and drain off excess water.
2. Preheat your sauté pan over medium heat. Add olive oil, onion, poblano- allow to sauté 3-4 minutes. Add tempeh, crumbling even more as your transfer from the microwave dish. Add all the dry seasonings, stir well, and continue to sauté another 2-3 minutes.
3. Pour soy sauce and 1 cup water into the pan, stir and allow the liquid to simmer until almost completely evaporated about 4-5 minutes. Remove from heat.
4. Spoon Taco Mix into taco shells (double up shells if using thin, soft corn tortillas). Add toppings as desired and enjoy!

Nutrition Info (Approximate Per Taco): Calories: 95, Protein: 6g, Total Fat: 4g, Saturated Fat: 0.6g, Carbohydrates: 10g, Fiber: 3g, Sugars: 1g, Sodium: 165mg, Cholesterol: 0mg

Pro Tips:

- **Dip Flip:** Easily convert this recipe into a fabulous party dip! Skip the tortillas and serve the tempeh mixture in a bowl. It's perfect for scooping with cucumber rounds, tortilla chips, or plantain chips.
- **No Taco Stand?** Use an inverted muffin pan (placing the shells between the cups) or a clean, lined egg carton to keep your tacos upright while filling.
- **Party Pleaser:** Let your guests build their own. Set out small bowls with various toppings alongside both hard and soft shells. It's a fun activity and a hearty meal all in one.

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Quarter-Black Bean Brownies (makes 12)

Prep time: 10 minutes **Cook time: 17-20 minutes**

Ingredients

- 1.5 cups Black beans (15 oz can), rinsed & drained
- ½ cup Coconut sugar
- ½ cup Water
- ¼ cup Canola oil (or melted coconut oil)
- 2 tbsp Unsweetened cocoa powder
- 2 tsp Vanilla extract
- ½ tsp Baking powder
- ¼ tsp Salt
- 1 cup Oat flour
- ½ cup Semi-sweet chocolate chips (stirred in)
- ⅓ cup White chocolate chips (for decoration)

Instructions:

1. Preheat your oven to 350°F. Lightly grease an 8"x8" baking pan, set aside.
2. In a food processor add the black beans, water, oil, coconut sugar, cocoa powder, vanilla, baking powder, and salt. Blend until the mixture is completely smooth and no bean skins are visible. Add the oat flour and continue to blend well.
3. Add the semi-sweet chocolate chips last and pulse a few times just until mixed.
4. Pour the batter into the prepared pan. Smooth the top with a greased spatula. Bake at 350°F. for 17–20 minutes. The edges should be firm, but the center may still look slightly soft.
5. Allow the brownies to cool completely in the pan. This is crucial for black bean brownies to "set" so they don't crumble.
6. Use a circular mold (gently squeezed into an oval) to cut out football shapes.
7. Place white chocolate chips in a small zip-top bag. Submerge the sealed bag in a bowl of very warm (not boiling) water until melted. Snip a tiny corner off the bag and pipe "laces" onto your brownie footballs.

Nutrition Info (Approximate Per Serving):
Calories: 185, Protein: 4.5g, Total Fat: 8g, Saturated Fat: 3.5g, Carbohydrates: 26g, Fiber: 4g, Sugars: 14g, Sodium: 65mg, Cholesterol: 0mg

Pro Tips:

- **Try a Blondie:** Omit the cocoa, swap the black beans for white, & white chips for the semi-sweet.
- **If you need to reheat your white chips:** place the snipped zipper bag into a 2nd bag & seal it before warming. Any water on the chips will break their consistency.
- **No Oat Flour?** Pulse in some old-fashioned oats- they will work great too!

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