



# ***Eat Well: Food Fit For Football***





# MEET MARISSA POWERS

- Owner of Powers Health & Wellness LLC
- National Board-Certified Health & Wellness Coach
- Certified Food Protection Manager
- B.S. Culinary Arts, Nutrition
- M.S. Health Sciences, Dietetics



# TODAY'S RECIPES

**Spinach CauliPower Dip**



**Touchdown Tempah Tacos**



**QuarterBlack Bean Brownies**



## Spinach CauliPower Dip

- 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

# OH NO! SCENARIO

*You've heard of lacto-ovo diet- but your niece just schooled you on her Lacto-Oh-No diet.*

*Since she's coming to the super bowl party- you'll have to change up your new favorite spinach dip recipe.*

*How will you make it Dairy Free?*



# Touchdown Tempeh Tacos

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

# OH NO! SCENARIO

*The Commanders didn't make it to the Super Bowl, so you'll be hosting some of the linemen whose car broke down in front of your house on the way to their other party.*

*How can you bulk up your batch of tacos to feed the hungry players?*



## QuarterBlack Bean Brownies

- 1.5 cups Black beans, rinsed & drained
- ½ cup Coconut sugar
- ½ cup Water
- ¼ cup Canola 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
- ⅓ cup White chocolate chips

*ENJOY  
MORE,  
WORRY LESS*

## GAME DAY TIPS

Balance  
Beforehand

Lighten Up!

Stay Hydrated

Smart  
Serving

Rest Up

Gamble  
Responsibly



Q&A



# THANK YOU, DFAS!

- Marissa Powers MHS, NBC-HWC  
Certified Health Coach, Wellness Educator

- Contact:

[Marissa@PowersHealthAndWellness.com](mailto:Marissa@PowersHealthAndWellness.com)

[www.PowersHealthAndWellness.com](http://www.PowersHealthAndWellness.com)

571.412.1411