



Healthy Super Bowl Snacks

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A.B.S.MindBody

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Hi! I am Andrea, Certified Health Coach and Nutrition Specialist! I hope you enjoy these fun, healthy recipes that you can make any time for any occasion!

GROCERY LIST TIPS

I have included a full grocery list that outlines the ingredients you will need for these recipes. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

ENJOY!!

xx,
Andrea

Disclaimer

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The

information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

BREAKFAST

- 2 1/2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 3/4 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 2 tsps Chili Powder
- 1 tsp Cumin
- 2 1/4 tsps Garlic Powder
- 1/2 tsp Italian Seasoning
- 1/2 tsp Oregano
- 1/2 tsp Red Pepper Flakes
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 1 cup Walnuts

FROZEN

- 1/2 cup Frozen Spinach

VEGETABLES

- 2 tbsps Basil Leaves
- 1 head Cauliflower
- 3 cups Cherry Tomatoes
- 12 Cremini Mushrooms
- 1 Cucumber
- 1 Eggplant
- 5 Garlic
- 1 tsp Ginger
- 1/2 cup Mint Leaves
- 2 tbsps Parsley
- 2 tsps Thyme
- 16 White Button Mushrooms
- 1/2 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1 cup Bread Crumbs

BAKING

- 2 tsps Baking Powder
- 1/3 cup Dried Unsweetened Cranberries
- 1 tbsp Nutritional Yeast
- 1 cup Oat Flour
- 2 tbsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 2 lbs Chicken Wings
- 1 1/8 cups Goat Cheese
- 4 1/3 ozs Mozzarella Ball
- 1/2 cup Parmigiano Reggiano
- 1 lb Shrimp
- 7 1/16 ozs Smoked Salmon

CONDIMENTS & OILS

- 1 tsp Avocado Oil
- 1 tsp Balsamic Vinegar
- 2 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Hot Sauce
- 1/2 tsp Sesame Oil
- 2 tbsps Tamari
- 3/4 cup Tomato Sauce

COLD

- 1/2 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk

Mint & Goat Cheese Stuffed Tomatoes

4 SERVINGS 15 MINUTES



INGREDIENTS

2/3 cup Goat Cheese (crumbled)
1/2 cup Mint Leaves (chopped, divided)
3 cups Cherry Tomatoes (halved, seeds removed)

DIRECTIONS

- 01 In a bowl, mix together the goat cheese and half the mint until well combined.
- 02 Stuff each cherry tomato half with the cheese mixture and transfer to a plate.
- 03 Garnish with the remaining mint and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving equals approximately 3/4 cup of stuffed cherry tomatoes.

MORE FLAVOR

Drizzle extra virgin olive oil overtop.

NO MINT

Use parsley or basil instead.

MAKE IT VEGAN

Use cashew cream cheese instead.

15 Minute Spicy Shrimp

4 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Garlic (clove, minced)
2 tsps Chili Powder
1 tsp Cumin
1/8 tsp Cayenne Pepper
1/8 tsp Sea Salt
1 lb Shrimp (raw, peeled, deveined)

DIRECTIONS

- 01 In a mixing bowl combine the oil, garlic, chili powder, cumin, cayenne and sea salt. Add shrimp to the bowl and toss to coat evenly in the marinade.
- 02 Heat a large non-stick pan over medium-high heat. Add the shrimp and the marinade to the hot pan and cook for 4 to 5 minutes stirring often until the shrimp is cooked through. Season with additional salt if needed.
- 03 Serve immediately and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 4 oz or about 1/2 cup of shrimp.

MORE FLAVOR

Serve with lime wedges

MAKE IT A MEAL

Serve shrimp on top of a salad, in tacos or beside quinoa and leafy greens.

Mini Eggplant Pizzas

4 SERVINGS 30 MINUTES



INGREDIENTS

1 Eggplant (medium)
1/4 cup Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3/4 cup Tomato Sauce
1/2 tsp Oregano
4 1/3 ozs Mozzarella Ball (grated)
1/2 tsp Red Pepper Flakes (Optional)
2 tbsps Basil Leaves (finely chopped)

DIRECTIONS

- 01 Cut the eggplant into equal slices about 1/2 inch thick. Generously brush each side of the eggplant with the oil and season with sea salt and black pepper.
- 02 Heat a large non-stick pan over medium heat. Cook eggplant in batches until tender and browned about 3 to 5 minutes per side.
- 03 Meanwhile, turn the broiler on high.
- 04 Transfer the browned eggplant slices to a baking sheet and top each with tomato sauce, dried oregano and shredded cheese. Broil the eggplant pizzas for 3 to 5 minutes until the cheese is melted, bubbly and browned.
- 05 Top with red pepper flakes and fresh basil. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Reheat in the microwave or oven until warmed through.

SERVING SIZE

One serving is approximately three eggplant pizzas.

DAIRY-FREE

Use a dairy-free shredded cheese instead.

MORE FLAVOR

Add minced garlic and Italian seasoning to the tomato sauce.

ADDITIONAL TOPPINGS

Top eggplant pizza with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or mushrooms.

Balsamic Parmesan Zucchini Bites

4 SERVINGS 20 MINUTES



INGREDIENTS

1 Zucchini (medium, sliced into 1/4-inch thick rounds)
1 1/2 tsps Extra Virgin Olive Oil
1 tsp Balsamic Vinegar
1/2 cup Parmigiano Reggiano (grated)
1/2 tsp Italian Seasoning
1/4 tsp Sea Salt
1/4 tsp Garlic Powder

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the zucchini rounds to a mixing bowl and toss with oil and balsamic vinegar. Arrange seasoned zucchini rounds on the prepared baking sheet.
- 03 In a small bowl combine cheese, Italian seasoning, sea salt and garlic powder. Top each zucchini round with the cheese mixture.
- 04 Bake for 15 to 18 minutes or until zucchini is tender and the cheese is bubbly and browned. Serve immediately and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. For best results, reheat in the oven.

SERVING SIZE

One serving is approximately five zucchini bites (or 1/4 of a zucchini).

MAKE IT VEGAN

Use a dairy-free, parmesan-style cheese instead.

NO OLIVE OIL

Use avocado oil instead.

Honey Garlic Chicken Wings

4 SERVINGS 50 MINUTES



INGREDIENTS

2 lbs Chicken Wings
2 tsps Baking Powder
1 tsp Avocado Oil
2 tbsps Tamari
2 Garlic (cloves, minced)
1 tsp Ginger (minced)
2 tbsps Raw Honey
1/2 tsp Sesame Oil
2 tsps Sesame Seeds

DIRECTIONS

- 01 Preheat the oven to 400F (204°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, add the chicken wings, baking powder and avocado oil. Mix until the wings are coated. Spread the wings out on the baking sheet evenly and bake for 35 to 40 minutes.
- 03 In a small saucepan over medium-low heat add the tamari, garlic and ginger. Sauté for 1 to 2 minutes, then add the honey and heat over low heat until the sauce reduces slightly, approximately 3 to 4 minutes. Remove from the heat and add the sesame oil.
- 04 In a large bowl, toss the chicken wings with the sauce to coat. Garnish with sesame seeds. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven at 350F (177°C) for 8 to 10 minutes.

SERVING SIZE

One serving is equal to approximately seven chicken wings. Serve with additional sides to make it a full meal.

MORE FLAVOR

Add some chili flakes for spice.

ADDITIONAL TOPPINGS

Add sliced green onions on top.

Spinach & Goat Cheese Stuffed Mushrooms

4 SERVINGS 40 MINUTES



INGREDIENTS

16 White Button Mushrooms (whole)
1/2 cup Goat Cheese (crumbled)
1 tbsp Extra Virgin Olive Oil
1 Garlic (clove, minced)
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1/2 cup Frozen Spinach (thawed)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Wipe the mushrooms with a damp paper towel to remove any dirt and snap the stems off. Set mushroom caps aside.
- 03 To the bowl of a food processor add the mushroom stems, goat cheese, oil, garlic, salt and pepper. Blend until smooth.
- 04 Squeeze any excess moisture from the thawed spinach and add it to the food processor. Blend again until combined.
- 05 Spoon about one tablespoon of the filling into each mushroom cap and arrange on prepared baking sheet. Bake for 25 to 28 minutes or until mushrooms are very tender. Serve immediately with a sprinkle of fresh ground pepper on top. Enjoy!

NOTES

SERVING SIZE

One serving is equal to four stuffed mushrooms.

NO GOAT CHEESE

Use parmesan or cashew cheese instead.

NO WHITE BUTTON MUSHROOMS

Use portobello mushrooms instead.

TIPSY MUSHROOMS

Cut a small slice off the bottom of each mushroom to create a flat surface so they don't fall over.

Vegan Stuffed Mushrooms

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 cup Walnuts (raw, chopped)
- 2 tsp Thyme (fresh)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/3 cup Dried Unsweetened Cranberries (roughly chopped)
- 12 Cremini Mushrooms (whole, stems and gills removed)
- 1 tbsp Nutritional Yeast
- 2 tbsps Parsley (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
- 03 Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
- 04 Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

NOTES

SERVING SIZE

One serving is equal to three stuffed mushrooms.

NO CREMINI MUSHROOMS

Use portobello mushrooms or white button mushrooms instead.

NO THYME

Use another herb like sage or rosemary.

PREP AHEAD

Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.

Buffalo Cauliflower Wings

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
1 cup Oat Flour
1 cup Unsweetened Almond Milk
1/2 tsp Sea Salt
2 tsps Garlic Powder
1 cup Bread Crumbs
1 head Cauliflower (chopped into florets)
1/2 cup Hot Sauce (vinegar-based)
2 1/2 tbsps Maple Syrup

DIRECTIONS

- 01 Preheat oven to 450°F (232°C). Line a baking sheet with foil and grease with half the coconut oil.
- 02 In a bowl, whisk together the flour, milk, salt and garlic powder to make the batter.
- 03 Place the breadcrumbs in a separate bowl.
- 04 Coat the cauliflower florets in the batter one at a time, letting any excess drip off. Transfer to the breadcrumbs and coat completely, then place onto baking sheet. Repeat until all florets are coated. Bake for 20 to 25 minutes until crispy and slightly golden.
- 05 Meanwhile, add the hot sauce, maple syrup and remaining coconut oil in a microwave-safe bowl and microwave for 20 seconds or until coconut oil has melted.
- 06 Gently toss the cauliflower in the sauce then return to baking sheet and continue baking for another 5 minutes. Remove from oven and serve immediately. Enjoy!

NOTES

SERVE THEM WITH

Our Vegan Ranch Dressing, Creamy Rainbow Coleslaw, Vegan Cornbread or Mac n' 'Cheese' recipe, celery sticks, carrots, blue cheese and/or fries.

LEFTOVERS

Refrigerate in an airtight container up to 3-5 days (with or without sauce) and reheat in the oven.

Salmon Cucumber Bites

4 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1 Cucumber (sliced)
7 1/16 ozs Smoked Salmon (sliced)
1/2 tsp Black Pepper

DIRECTIONS

- 01 Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

NOTES

NO GREEK YOGURT

Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.