



## Recipes & Tips for a Healthier Passover

with Ilana Muhlstein, MS, RDN

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(Makes 1 serving)

Total Time: 5 min.

Prep Time: 2 min.

Cooking Time: 3 min.

### Apple Spice and Pumpkin Pie Breakfast Mug Cakes

#### FOR APPLE SPICE MUG CAKE

Nonstick cooking spray

1 large egg

1/3 cup unsweetened applesauce

1/4 cup almond flour

1/4 medium apple, chopped

1 to 2 packets stevia powder (or 2 tsp. honey)

1/4 tsp. apple pie spice

1/4 tsp. pure vanilla extract

2 Tbsp. plain coconut yogurt

#### FOR PUMPKIN PIE MUG CAKE

Nonstick cooking spray

1 large egg

1/3 cup pumpkin puree

1/4 cup almond flour

1 to 2 packets stevia powder (or 2 tsp. honey)

1/4 tsp. pumpkin pie spice

1 Tbsp. chopped pecans

2 Tbsp. plain coconut yogurt

#### FOR APPLE SPICE MUG CAKE:

1. Coat the inside of a microwave-safe mug with spray.
2. Add egg; lightly beat with fork. Add applesauce, almond flour, apple, stevia, apple pie spice, and vanilla; stir until well incorporated.
3. Microwave on high for 2 to 3 minutes. Top with yogurt; serve warm.

#### FOR PUMPKIN PIE MUG CAKE:

1. Coat the inside of a microwave-safe mug with spray.
2. Add egg; lightly beat with fork. Add pumpkin, almond flour, stevia, and pumpkin pie spice; stir until well incorporated.
3. Add pecans; mix well.
4. Microwave on high for 2 to 3 minutes. Top with yogurt; serve warm.

#### TIPS

- Swap plain Greek yogurt or another vegan yogurt for coconut yogurt.
- To make in an oven, preheat oven to 375° F; bake for 20 minutes, or until a toothpick inserted into center comes out clean.
- To make multiple mug cakes, multiply the ingredients by the number of servings, then use a blender for mixing. Divide batter evenly among mugs or small bowls before cooking.

For Apple Spice Mug Cake:

- If you can't find apple pie spice, make your own with a pinch each of cinnamon, nutmeg, ginger, and allspice!
- 1/3 cup apple sauce is about 1 individual (4 oz.) container.

## Mushroom Pizza Bites

(Makes 1 serving)

Total Time: 15 min.

Prep Time: 6 min.

Cooking Time: 9 min.

Parchment paper

Nonstick cooking spray

12 large white mushrooms, stems removed

$\frac{1}{4}$  cup chopped raw spinach

$\frac{1}{4}$  all-natural marinara sauce

Garlic powder (to taste; optional)

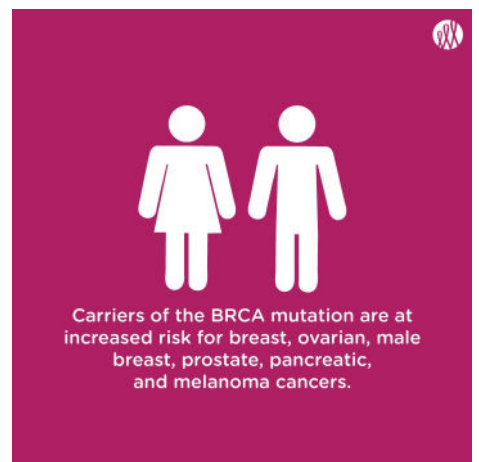
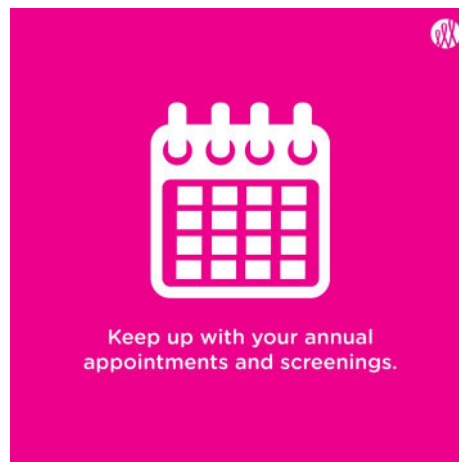
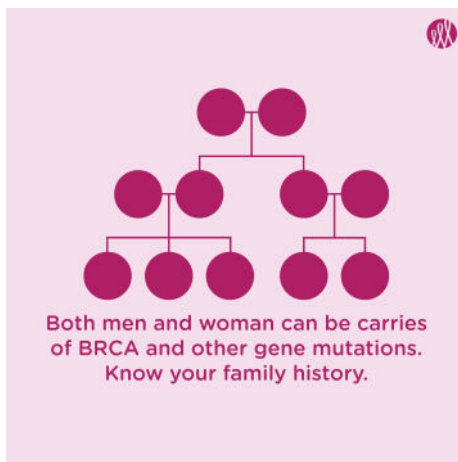
$\frac{1}{4}$  cup shredded mozzarella cheese

2 Tbsp. chopped fresh basil leaves

### TIPS

You can replace spinach with your favorite veggie pizza toppings. Cook harder vegetables like bell peppers or onions before using. You can even finely chop the mushroom stems, cook them with garlic, and add to your “pizzas.”

1. Preheat oven to 375° F. Line baking sheet with parchment paper; coat with spray.
2. Arrange mushrooms on prepared baking sheet, stem-side down; coat lightly with spray. Bake for 6 minutes; leave oven on.
3. Flip mushrooms; let mushrooms sit for 1 minute to release liquid. Pour out any liquid that has collected inside the mushroom cap, then blot dry with a paper towel.
4. Fill each mushroom with 1 tsp. spinach, 1 tsp. marinara sauce, and garlic powder (if desired); top with 1 tsp. cheese. Bake for 3 minutes, until cheese is melted.
5. Garnish with basil; serve immediately or store refrigerated in an airtight container for up to four days.



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