



Harvest Breakfast Bowl

Our harvest bowl is bariatric friendly & completely customizable and that makes it family friendly! This recipe is perfect for a full house!

Ingredients:

- 2 sweet potatoes
- Bunch of kale
- 1 cucumber
- 1 red bell pepper
- 1 avocado
- Broccoli sprouts
- 1T avocado oil
- 1 cilantro bunch chopped (include stems)
- 1/4C lite mayo
- Juice of 1 Lime
- 1T minced garlic
- 1 scoop of flavorless protein
- 1 egg (optional)
- 1 strip of turkey bacon (optional)

Directions:

1. Chop sweet potatoes. Bake at 350 degrees for 20 minutes
3. Cut off ends and skin cucumber, then slice. Dice red bell pepper. Slice avocado. Remove kale stems and slice into ribbons
4. In a medium-sized saucepan, add 1T of avocado oil and heat. Add your chopped kale, add 1T water, salt to taste, saute for 2-3 minutes, stir often
6. In a bullet or blender, add your cilantro bunch chopped, lite mayo, lime juice, and minced garlic together.
7. In a separate mixing bowl add crushed chili peppers and cinnamon to your baked sweet potatoes. Add a splash of almond milk and blend together using an immersion blender. Add 1 scoop of flavorless protein powder to your sweet potato bowl and blend
8. Assemble your bowl, add ingredients of your choice to personal bowl
9. Top with your choice of protein and enjoy

“Don’t stop until you are proud”

