



# AUTUMN HARVEST BOWL



1 SERVING



30 MINS

CALORIES  
509

PROTEIN  
10G

FATS  
21G

CARBS  
75G

## INGREDIENTS

- 1 cup cooked wild rice blend
- ½ cup roasted Brussels sprouts
- ½ cup roasted butternut squash cubes
- ¼ cup roasted red onion
- 2 tablespoons dried cranberries
- 2 tablespoons chopped pecans
- 2 tablespoons maple tahini dressing
- Fresh thyme for garnish

## METHOD

1. Roast Brussels sprouts, butternut squash cubes, and red onion with olive oil, salt, and pepper at 425°F for 25 minutes.
2. Arrange cooked wild rice blend as the base in your bowl, then top with roasted vegetables.
3. Sprinkle with dried cranberries and chopped pecans, drizzle with maple tahini dressing, and garnish with fresh thyme.

**Pro Tip:** For the maple tahini dressing, mix 2 tablespoons of tahini with 1 tablespoon of maple syrup, 1 tablespoon lemon juice, and enough water to reach the desired consistency. Add a pinch of cinnamon for extra fall flavor.