



SWEET POTATO POWER BOWL



1 SERVING



35 MINS

CALORIES
487

PROTEIN
13G

FATS
14G

CARBS
77G

INGREDIENTS

- 1 cup roasted sweet potato cubes
- ½ cup cooked quinoa
- ½ cup black beans
- ½ cup steamed kale
- ¼ cup sliced avocado
- 2 tablespoons chipotle sauce
- 1 tablespoon pumpkin seeds
- Lime wedges for serving

METHOD

1. Roast sweet potato cubes with olive oil, salt, and pepper at 425°F for 25 minutes.
2. Arrange quinoa as the base in your bowl, then top with roasted sweet potatoes, black beans, steamed kale, and avocado slices.
3. Drizzle with chipotle sauce, sprinkle with pumpkin seeds, and serve with lime wedges.

Pro Tip: For extra flavor, toss the sweet potatoes with smoked paprika and a touch of maple syrup before roasting. The natural caramelization will enhance the overall taste of the bowl.