



Breakfast Protein Bowl

1 serving
25 minutes

Ingredients

- 1/4 cup Quinoa (dry, uncooked)
- 3/4 cup Water
- 2 Egg
- 2 cups Baby Spinach
- 1/3 cup Cherry Tomatoes (halved)
- 1/2 Avocado (mashed)
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	483
Fat	27g
Saturated	6g
Trans	0g
Polyunsaturated	5g
Monounsaturated	14g
Carbs	41g
Fiber	12g
Sugar	3g
Protein	23g

Directions

- 1 Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
- 2 Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 3 Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 4 Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

Notes

Prep Ahead: Make the quinoa in advance and used hard boiled eggs to save time.

Extra Nutrients: Top with sprouts or microgreens.