



Breakfast Protein Bowl

1 serving
25 minutes

Ingredients

- 1/4 cup Quinoa (dry, uncooked)
- 3/4 cup Water
- 2 Egg
- 2 cups Baby Spinach (or other green of choice)
- 1/3 cup Matchstick Carrots
- 1/4 Avocado (mashed)
- 1/8 tsp Sea Salt (or more to taste)
- 1/2 cup Egg Whites

Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	39g
Fiber	9g
Sugar	4g
Protein	35g
Cholesterol	372mg
Sodium	727mg
Vitamin A	9231IU
Vitamin C	25mg
Calcium	178mg
Iron	6mg

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, carrots 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.