Kale Breakfast Bowl

Ingredients
1 bunch kale, ribbed and chopped
2 cups Greek yogurt, whole fat
1 cup cooked quinoa
¼ cup walnuts, toasted and rough chopped
½ cup blueberries
½ cup roasted pumpkin seeds
3 tablespoons extra virgin olive oil
1 lemon, juiced
1 teaspoon cinnamon
2 tablespoons maple syrup
Salt

Instructions
1. In a small bowl add kale, blueberries, quinoa, lemon juice, maple syrup, cinnamon, extra virgin olive oil and a pinch of salt.
2. Toss well and set aside.
3. In 4 small breakfast bowls divide yogurt evenly.
4. Take kale mixture and divide that evenly.
5. Garnish with walnuts and pumpkin seeds.

Makes 4 servings
Culinary Medicine, Nutrition Services