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

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