

Kale Breakfast Bowl

Culinary Medicine, Nutrition Services

Serves: 4, Serving Size: 1 cup

Equipment: cutting board, knife, prep bowls, spoons

Ingredients

1 bunch kale, ribbed and chopped	1 cup blueberries
1 lemon, juiced	1 cup cooked quinoa
1/4 cup maple syrup	1 cup Greek yogurt, whole fat
1/4 tablespoons extra virgin olive oil	1/4 cup walnuts, toasted and rough chopped
2 teaspoon cinnamon	1/2 cup roasted pumpkin seeds
Pinch of salt	

Instructions

1. In a small bowl add kale, lemon juice, maple syrup, extra virgin olive oil, cinnamon, and a pinch of salt. Using your hands, massage the ingredients together to mix well.
2. Add blueberries and quinoa and toss to mix.
3. In 4 small breakfast bowls divide yogurt evenly. Divide the kale mixture evenly on top. Garnish with walnuts and pumpkin seeds.



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Why We Like This Recipe

Flavors like cinnamon make this surprising breakfast option a little more familiar.

Chef's Notes:

- Seriously, try it.

Nutrition Notes:

- Starting your morning with a protein and fiber rich breakfast can support balanced blood sugar levels throughout the day and prevent mid-morning energy crashes.

Gardener's Notes:

- *Brassica oleracea* (Kale) with edible leaves has been cultivated for over 2000 years and thrives in cold climates due to some frost resistance. Easy to cultivate and can be grown in containers.



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