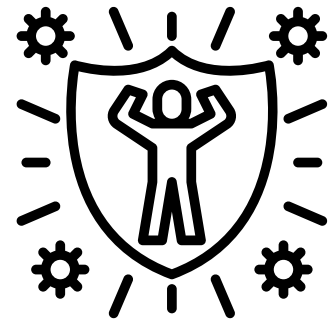


# IMMUNITY POWER BOWL

Serves 4



## Ingredients:

- For the bowl:
  - 1 cup quinoa (*for protein and iron*)
  - 1/2 can chickpeas (*for protein and iron*)
  - 3 cup frozen spinach (*for Vitamin A and iron*)
  - 1 sweet potato (*for Vitamin A*)
  - 2 bell peppers (*for Vitamin C*)
  - 3 cups broccoli (*for Vitamin C*)

(To season the roasted vegetables, coat with olive oil, add salt, pepper, paprika, garlic to taste)
- For the crunchy toppings (to split among bowls)
  - 1/2 cup walnuts (*for Omega-3s*)
  - 4 tablespoon ground flaxseeds (*for Omega-3s*)
- For the Dressing:
  - 1 tablespoon olive oil (*for healthy fats*)
  - 1 teaspoon turmeric (*optional, helps with inflammation*)
  - 1/4 cup Greek yogurt (*for probiotics and protein*)
  - 1.5 tablespoon lemon juice (about 1/2 lemon) (*for Vitamin C*)
  - Salt and pepper to taste (*pepper helps absorb turmeric*)

## Instructions:

- To Cook:
  - Dice sweet potatoes, peppers, and broccoli. Set aside in bowl for seasoning.
  - Drain and rinse a can of chickpeas. Add to bowl with veggies.
  - Toss the veggies and chickpeas with olive oil (~2tablespoons), salt, pepper, and your favorite spices (such as paprika or garlic powder).
  - Roast in the oven at 400°F (200°C) for 20-25 minutes, shaking halfway through.
  - Cook your quinoa by following package instructions.
  - Cook your frozen spinach by following package instructions. Season to taste.
  - In a small bowl, combine Greek yogurt, olive oil, turmeric, salt, pepper, and lemon juice. Stir well to create a creamy dressing.
- To Assemble the bowl:
  - Start with quinoa as your base.
  - Layer the spinach, roasted veggies and roasted chickpeas.
  - Add the crunchy toppings
  - Drizzle the dressing.
  - Serve and Enjoy!