



Autumn Harvest Bowl

This bowl is fiber-rich, blood sugar-friendly, and bursting with fall flavor. Perfect for lunch or light dinner and meal preps.

Ingredients:

1 medium sweet potato, cubed
1 cup brussels sprouts, halved
1 apple, sliced
2 cups kale, chopped
¼ cup walnuts or pumpkin seeds
1 tbsp olive oil
1 tsp cinnamon
Celtic or Himalayan Sea Salt
and pepper to taste

Instructions:

1. Preheat oven to 400 degrees.
2. Toss sweet potatoes and brussels sprouts with olive oil, salt, pepper and cinnamon. Roast for 25-30 minutes.
3. Sauté kale in a pan with a splash of olive oil or until wilted.
4. Assemble bowl: layer with kale, roasted vegetables, apple slices, and walnuts or pumpkin seeds.
5. Drizzle with balsamic glaze or tahini dressing if desired.

