



## Brain Power Bowl

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Whenever we eat this Brain Power Bowl our brain is thankful for all the nutrients it gets.

### Ingredients

1 large sweet potato (diced into 1/2 inch pieces)	1 cup quinoa
1 1/2 cooked or 1 can chickpeas	2 cups water
1 tsp coriander	2 cups (frozen) kale
1 tsp turmeric powder	1 avocado
1/2 tsp smoked paprika	2 Tbsp sesame seeds
1/2 tsp garlic powder	1 Tbsp hemp seeds
1/2 tsp cayenne powder	1/2 tsp salt
1/2 tsp or more salt	

### Directions

1. Preheat your oven to 375 F (190 C) and get a baking tray with parchment paper ready.
2. Put half of the baking tray with sweet potatoes and sprinkle salt on them.
3. Toss the chickpeas in a bowl with all the spices. Then transfer them to the other half of the baking tray next to the sweet potatoes.
4. Bake for 30 Minutes. Flip the sweet potatoes and chickpeas after 15 Minutes
5. In the meantime, cook the quinoa in a medium sized pot with 2 cups of water until it boils. Add 1/2 tsp of turmeric and 1/3 tsp of salt to the pot. Cover the pot with a lid and cook for 15 minutes. Once the water is absorbed by the quinoa and has a fluffy texture, it's ready!
6. Mix in the frozen kale and let it defrost in the cooked quinoa.
7. Pour the quinoa with the kale evenly in two bowls. Top the bowls with the roasted sweet potatoes, chickpeas, avocado slices. Sprinkle some hemp seeds and black sesame seeds on top to make it even more of a power bowl!