

Grain Harvest Bowls

Ingredients

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Fresh arugula

Sprouted pumpkin seeds (optional)

Quinoa

Roasted sweet potatoes

Roasted chickpeas

Avocado slices

Tahini dressing

Dressing:

2 tbsp tahini

1 tbsp maple syrup

1 tbsp lemon juice

1 tsp dijon mustard salt + pepper

Instructions

Combine and enjoy

Source: <https://www.instagram.com/healthygirlkitchen/>