

Vegan Superfood Bowl



TOTAL TIME

10 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

4 servings

CALORIES

405 kcal

INGREDIENTS

- 1½ c cooked quinoa
- ½ c hummus
- 4 c spinach
- 1 c cooked beets diced
- 1 c shelled edamame
- 2 packages Lightlife Tempeh Bacon
- 1 lemon juiced

INSTRUCTIONS

1. Chop the tempeh bacon into bite sized pieces. Air fry at 350° for 10 minutes.
2. While that is cooking, lay 4 bowls out in front of you.
3. Place 1 c of spinach in each bowl.
4. On top of that add (equally divided) quinoa, edamame, hummus, and beets.
5. Add the tempeh bacon equally to each bowl.
6. Squeeze lemon over each of them.

7. Cover and store in the fridge.

NUTRITION

Nutrition Facts

Vegan Superfood Bowl

| Amount Per Serving | |
|--------------------|-----------------------|
| Calories 405 | Calories from Fat 126 |
| % Daily Value* | |
| Fat 14g | 22% |
| Carbohydrates 41g | 14% |
| Protein 24g | 48% |

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!