

Tempeh Bacon Breakfast Bowl

Web Recipe · Breakfast · GF

420 cal · 28g protein · 38g carbs · 18g fat · 4 servings

Ingredients

- 2 packages (8 oz each) tempeh sliced into thin strips
- 2 tbsp soy sauce
- 1 tbsp maple syrup
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1 tbsp olive oil
- 4 cups cooked quinoa
- 2 cups fresh spinach
- 1 avocado sliced
- 1 cup cherry tomatoes halved
- 2 tbsp nutritional yeast

Instructions

1. Slice tempeh into thin strips. Whisk together soy sauce, maple syrup, smoked paprika, and garlic powder.
2. Marinate tempeh strips in the sauce for at least 10 minutes (longer is better).
3. Heat olive oil in a skillet over medium-high heat. Cook tempeh strips 3-4 minutes per side until crispy and caramelized.
4. Cook quinoa according to package directions.
5. Assemble bowls: place quinoa in the base, add spinach, crispy tempeh, sliced avocado, and halved cherry tomatoes.
6. Sprinkle with nutritional yeast and serve.

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