



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.

1 medium sweet potato, cubed

1 cup Brussels sprouts, halved

1 tablespoon olive oil

Celtic or Himalayan Sea Salt
and pepper to taste

1 teaspoon cinnamon

2 cups kale, chopped

1 apple, sliced

¼ cup walnuts or pumpkin seeds

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

