

SPINACH & AVOCADO POWER BOWL

Packed with magnesium and healthy fats to support brain and nerve health.

Ingredients:

- 2 cups baby spinach
- ½ avocado, sliced
- ¼ cup cooked quinoa
- ¼ cup sliced cucumber
- ¼ cup shredded carrots
- 2 tbsp pumpkin seeds
- 1 tbsp olive oil
- Juice of ½ lemon
- Pinch of sea salt



Directions:

1. In a bowl, layer spinach, quinoa, avocado, cucumber, and carrots.
2. Sprinkle pumpkin seeds on top.
3. Drizzle with olive oil and lemon juice.
4. Add a pinch of sea salt.

Enjoy!

