

Andean Quinoa Sweet Potato Bowl (Peru-inspired)

Ingredients:

- ½ cup cooked quinoa
- ½ cup roasted sweet potato
- ¼ cup steamed green beans
- 1 tbsp olive oil + lemon
- 1 tbsp chopped walnuts

Instructions:

1. Combine quinoa and sweet potato.
2. Add green beans and drizzle oil + lemon.
3. Sprinkle with walnuts.

Benefits:

Boosts energy and brain health.