

## **Caribbean Coconut Plantain Bowl**

### **Ingredients:**

- ½ cup sautéed ripe plantains
- ½ cup black beans
- ¼ cup shredded carrots
- ½ cup brown rice
- 2 tbsp coconut flakes
- Lime wedge

### **Instructions:**

1. Add rice as the base.
2. Layer plantains, beans, and carrots.
3. Sprinkle coconut and squeeze lime.

### **Benefits:**

Excellent for digestion, high in potassium and B vitamins.