

German Roasted Root Bowl

Ingredients:

- 1 cup roasted carrots and parsnips
- ½ cup sauerkraut
- ½ cup cooked farro (or barley)
- ¼ cup sautéed kale
- 1 tsp caraway seeds
- 1 tbsp mustard vinaigrette

Instructions:

1. Arrange farro as the base.
2. Top with roasted veggies, sauerkraut, and kale.
3. Sprinkle caraway seeds and add vinaigrette.

Benefits:

Promotes gut health and provides fermented probiotics + complex carbs.