

Quinoa & Roasted Veggie Hummus Bowl

Ingredients

- 1 cup cooked quinoa
- 1/2 cup roasted zucchini, carrots, and bell peppers
- 2 tbsp hummus
- 1 tbsp chopped parsley
- 1 tsp lemon juice
- Optional: sprinkle of smoked paprika

Instructions

1. Layer quinoa and roasted veggies in a bowl.
2. Top with hummus and parsley.

3. Drizzle lemon juice.

4. Optional: add a sprinkle of paprika before serving.

Benefits

Gut-friendly, anti-inflammatory, protein-rich, satisfying and grounding.