

Broccoli & Quinoa Protein Bowl

Ingredients

- 1 cup quinoa, cooked
- 1 cup broccoli florets, lightly steamed
- ½ cup roasted chickpeas
- 1 small carrot, shredded
- ½ cup cherry tomatoes, halved
- 2 tbsp olive oil
- Juice of 1 lime
- Pinch of sea salt & black pepper

Instructions

1. Cook quinoa according to package instructions, then fluff with a fork.
2. Steam broccoli until bright green and tender-crisp.
3. In a bowl, add quinoa, broccoli, roasted chickpeas, carrot, and cherry tomatoes.
4. Drizzle with olive oil, lime juice, salt, and pepper. Toss gently.
5. Serve warm or cold.

Benefits

- Broccoli + quinoa: protein + vitamin C combo → supports collagen and muscle health.
- Chickpeas: zinc → essential for skin repair and strong hair.
- Olive oil: antioxidants → protect from premature aging.