

# Flaxseed Quinoa Veggie Bowl

## Ingredients

- 1 cup cooked quinoa
- 1 tablespoon ground flaxseed
- 1/2 cup cooked chickpeas
- 1/2 cup chopped cucumber
- 1/2 cup cherry tomatoes, halved
- 1/4 cup grated carrot
- 1/4 avocado, sliced
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt and black pepper to taste
- Optional: fresh parsley or mint for garnish

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## Instructions

1. In a large bowl, combine the cooked quinoa, flaxseed, chickpeas, cucumber, tomatoes, and grated carrot.
2. Gently fold in the avocado slices.
3. Drizzle with olive oil and lemon juice.
4. Season with salt and pepper to taste.
5. Mix lightly and top with fresh herbs if desired.

6. Serve immediately or refrigerate for a chilled bowl later.

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## Benefits

- Quinoa provides complete protein and essential amino acids.
- Flaxseed supports digestion and reduces inflammation.
- Chickpeas add plant-based protein and fiber.
- Vegetables offer vitamins A, C, and antioxidants.
- Great for energy, digestion, and overall vitality.