

Flaxseed Sweet Potato Buddha Bowl

Ingredients

- ½ cup roasted sweet potatoes
- ½ cup cooked quinoa
- 1 tbsp ground flaxseed
- ¼ avocado, sliced
- ½ cup steamed kale
- 1 tbsp tahini

Instructions

1. Layer quinoa, sweet potatoes, kale, and avocado in a bowl.
2. Drizzle with tahini and sprinkle flaxseed on top.
3. Serve warm or room temperature.

Health Benefits

- Flaxseed: Omega-3s and fiber
- Sweet potato: Beta-carotene and sustained energy
- Kale: Iron and detox support
- Avocado: Healthy fats