

# HEALTHY PESTO QUINOA BOWLS



## INGREDIENTS

- For Quinoa Bowls

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- 2 large eggs
  - 2 cups cooked quinoa
  - ½ an avocado
  - ¼ cup homemade pesto
  - 1 mix of tablespoon chia, pine nuts (or nuts of your choice)

For Pesto:

- 2 cups fresh basil leaves
- 1 cup fresh kale leaves
- ¼ cup nutritional yeast
- ¼ cup pine nuts
- 1 large garlic clove
- 3 - 4 tablespoons olive oil
- 1 teaspoon lemon juice
- Salt + pepper to taste
- Calories: 655, Fat: 35g (Sat: 5g), Carbs: 60g, Fiber: 13g Protein: 25g

**TOTAL TIME: 10 MIN.**  
**SERVES: 2**

## DIRECTIONS

1. Start by boiling the eggs to a small saucepan. Bring the water to a boil, cover the pot and reduce to simmer for 5 - 6 minutes.
2. While the eggs are cooking, add all the pesto ingredients to a food processor. Process until almost smooth
3. When eggs are done cooking, rinse them under cold water to stop the cooking process. Let stand in a bowl of cold water for 5 minutes.
4. Prepare your breakfast bowls: add 1 cup quinoa, half of the avocado thinly sliced and half the pesto.
5. When eggs have cooled, peel them and slice in half. Add to the bowl and sprinkle with the chia seed mix.
6. Enjoy as is, season with a touch more salt and pepper, add in the remaining pesto or mix it all together.