



Makes 2 bowls
Cook Time: 10 minutes

INGREDIENTS:

1 cup unsweetened plant milk,
such as almond, soy, coconut, or
rice

2 large kale or Swiss chard
leaves, thick stems removed

1 banana, broken into pieces

1 kiwifruit, halved and scooped
into chunks

½ cup chopped wheatgrass

1½ cups cooked quinoa

⅓ cup sliced apple

¼ cup pomegranate seeds or
berries

2 tablespoons pumpkin or chia
seeds or sunflower kernels

Manna Quinoa Breakfast Bowl

Brighten up your morning routine with a vibrant smoothie breakfast bowl that takes just minutes to assemble. Kiwifruit is blended with wheatgrass and kale for bright green color and tangy-sweet flavor, then the mixture is topped with quinoa, fresh fruit, and seeds. And you don't even need a cutting board to prep the kiwifruit! Simply halve it through the middle, then scoop out each side with a spoon. Feel free to improvise with the toppings suggested here. **Quinoa** can be replaced with any other whole grain, and different fruits can be switched in according to what's in season. Just be sure to always use a banana, which gives the smoothie base its creamy texture.

*Recipe from **Master Plants Cookbook***

By Margarita Restrepo and Michele Lastella

- 1 Combine the plant milk, kale, banana, kiwifruit, and wheatgrass in a blender and purée for 20 seconds. Divide between cereal bowls.
- 2 Top with quinoa, apple, pomegranate seeds, and pumpkin seeds.