AROMATIC mt NATURAL WELLNESS

# Wellness bowls

## INGREDIENTS

- 1 cup cooked and cooled quinoa
- 1 (5-ounce) of Tofu (pan fried)
- 1 hard cooked egg, halved
- 1/2 yellow, 1/2 red pepper
- 1/4 cup spinach
- 1/4 cup diced cucumber
- 1/4 cup cherry tomato
- 1/4 cup blueberries
- 1/4 cup avocado (diced)
- sesame seeds for garnish (optional)

## DRESSING

- 1/4 cup extra virgin olive oil
- juice of 1/2 lemon
- salt and pepper to taste
- 2 tbsp chopped fresh basil (optional)

## METHOD

1. Layer all ingredients in a bowl
2. Pour salad dressing over the ingredients


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