

**Ingredients:**

- 2 cups romaine, roughly chopped
- 1 cup spinach
- 4-5 roasted brussels sprouts or broccoli
- 1 roasted sweet potato, cubed
- 1/2 cup carrots, shredded or diced
- 1/4 cup cucumber, sliced thinly
- 1/4 of an avocado
- 3 tablespoons nutritional yeast (gives a cheesy flavor) (Optional)
- 3 tablespoons hemp seeds or other seeds (Optional)
- 2 tablespoons hummus (of your choice), Tahini, or other preferred healthy dressing
- freshly squeezed lemon
- 2 tablespoons apple cider vinegar
- Dash of cayenne pepper (optional)

*Alternative:* You do not have to use all of these ingredients, you may omit those that you do not have and substitute for other items that you do have. The purpose is to be balanced and flavorful. Adding chicken, a boiled or grilled egg, quinoa, tofu, beans, and roasted mushrooms are great additions. Enjoy!

*Also Try:* Chop up a few extra veggies and save these for a stir-fry style meal the next day, or toss them into scrambled eggs the next day for a complete breakfast!

*Also Try:* Roasting sweet potato or other veggies such as asparagus, squash, zucchini, mushrooms, etc. over the weekend for your week's meals. You can then add them to many different meals such as this one, and if you taste for the week changes throw them into the freezer for weeks to come!

**Directions:**

1. Fill a large bowl with dark leafy greens
2. Top with remaining veggies and seeds
3. If you would like a sauce, combine the hummus, apple cider vinegar and nutritional yeast and mix together in a bowl. Pour this over top of your veggie bowl and enjoy!