

THE KNOCK YOUR SOCKS OFF BANANA BOWL



WHAT YOU NEED

- 2 ripe bananas
- 1/2 cup cooked quinoa, warmed
- 1 tablespoon peanut butter
- 1/2 teaspoon cacao powder
- Splash of vanilla
- Pinch of cinnamon
- Pinch of sea salt

TOPPINGS IDEAS

- Raw pepitas
- Cacao nibs
- Raw coconut flakes
- Raw crushed walnuts
- Hemp hearts
- Chia seeds
- Flax meal

ALL YOU DO IS...

Mash the bananas really well until smooth and creamy, almost like banana pudding or baby food texture.

Stir in the peanut butter, cacao powder, vanilla, cinnamon, and sea salt.

Warm up the cooked quinoa and spoon it right on top of the banana mixture.

Add your favorite toppings, fold everything together, and prepare to question how something this healthy tastes like dessert batter.

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Notes