



Sweet Potato and Black Bean Bowl

Vegan & Gluten-Free

Ingredients:

- 1 medium sweet potato (cubed)
- 1 cup black beans (cooked or canned, drained)
- 1/2 cup cooked quinoa
- 2 tbsp olive oil
- 1/2 tsp chili powder
- 1/2 tsp garlic powder

Directions:

- Toss sweet potato cubes with olive oil, chili powder, and garlic powder, then roast at 400°F (200°C) for 20 minutes.
- In a bowl, layer quinoa, roasted sweet potatoes, and black beans.
- Drizzle with your favorite dressing or salsa.

Drink Pairing: Pineapple Coconut Smoothie: Blend fresh pineapple, coconut milk, and ice for a tropical, energizing drink.



Dip Pairing:

Avocado Lime Crema: Blend avocado, lime juice, a bit of cilantro, and vegan yogurt for a creamy, zesty topping.

