

FIONA TUCK

NUTRITION WELLNESS YOGA



Green Goddess Bowl

Ingredients:

1/2 cup buckwheat groats
1 whole egg
2 tablespoons pepitas
1 cup mixed salad greens

Prep: 10 mins

Cook: 10 mins

Serves: 1

For the dressing:

1/2 small avocado
1/3 cup lemon juice
1/4 cup water
1 pinch salt and pepper

Directions:

1. Place buckwheat groats in a small saucepan and cover with cold water. Bring to a boil over medium high heat, cover and reduce the heat to a simmer. Cook for 10 minutes or until the groats are tender. Drain and allow to cool on a sieve.
 2. Meanwhile poach or soft-boil the egg.
 3. Mix together the cooked buckwheat, pepitas and salad greens.
 4. Blend all dressing ingredients and dollop onto the salad.
 5. Top with egg and serve.
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