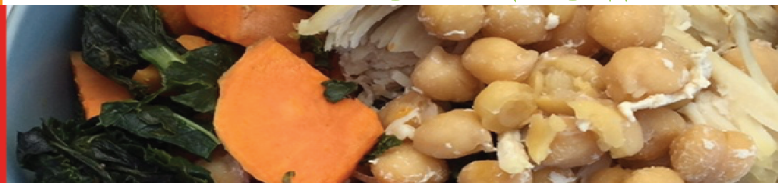


HEALTHY GRAIN BOWL



Ingredients: 1/2 cup cooked quinoa, 1/2 cup kale, 1/2 cup sweet potato cubed, 1/2 cup garbanzo beans, 2 tsp Fennel and Fire Caribbean Punch, 1/2 cup shredded rotisserie chicken.

Directions:

- * Season cooked quinoa with 2-3 Tsp of Fennel and Fire Caribbean Punch.
- * Microwave Cubed Sweet Potato until tender (approx 5 min)
- * Massage Kale with organic olive oil. Massage with hands to help break down the kale fiber. Saute the kale until tender. Grind Fennel and Fire Citrus Peppercorn over Kale.
- * Heat Garbanzo Beans in a pan or microwave, salt to taste
- * Shred the cooked chicken breast or roasted chicken.

Place grains in the bowl and top grain with kale, sweet potato, garbanzo beans, & chicken.

Finish with Fennel and Fire Citrus Peppercorn or Fire Salt