

Sweet Potato Power Bowls

THM-Friendly: E

Makes 4 bowls.

- 2 large sweet potatoes, peeled and cut into 1/2-inch cubes
- 1 large onion, diced
- 2 tsp. coconut oil
- 1 lb. boneless, skinless chicken breasts, cooked (rotisserie works great)
- mineral salt
- black pepper
- 1/2 tsp. garlic powder
- 1/2 tsp. ground ginger
- 1 tsp. minced garlic
- 4 Tbsp. peanut butter powder
- 1/4 cup lime juice
- 1/4 cup water
- 1 Tbsp. low-sodium soy sauce
- 1 Tbsp. honey
- 2 tsp. toasted sesame oil
- 2 cups cooked brown rice
- 2 cups cauliflower rice
- 2 cups baby spinach (fresh)
- freshly chopped cilantro for garnish, if desired
- 1 tsp. toasted sesame seeds



In a bowl, toss the sweet potato chunks and onions in melted coconut oil, salt, and pepper (to taste). Place on a sheet pan and roast at 350 degrees for 20-25 minutes or until sweet potatoes are tender.

In another bowl, combine garlic powder, ginger, fresh garlic, peanut butter powder, lime juice, water, soy sauce, honey and sesame oil. Mix well and set aside.

In four small bowls, arrange the roasted sweet potatoes/onions, rice, cauli rice, chicken and spinach separately. Drizzle with the sauce and garnish with cilantro and sesame seeds.

Refrigerate in covered containers. When ready to enjoy, just stir the ingredients gently. You can ENJOY them warm or cold.

