



Hopscotch | Rise & Shine Recipe

Ingredients:

- 4 oz- Spinach
- 4oz- Quinoa
- Half- Avocado
- 2 oz- Cucumber - 2 oz
- 2 oz- Sweet Potato - 2 oz
- 1 whole egg- Hard boiled egg
- 3- Strips of bacon

Dressing:

Maple balsamic vinaigrette - personal preference on amount

Directions:

1. Place spinach, quinoa, some sweet potato and small amount of maple balsamic in one bowl and toss well.
2. In a separate bowl, mix avocado, cucumber, sweet potato, hard boiled egg (slice prior to putting in).
3. Take ingredients from second bowl and put into first, place cooked bacon on top and lightly add more maple balsamic, and enjoy!