Lemon Citrus Dressing:
1 tsp lemon zest
4 tbsp. freshly squeezed lemon juice
1 tsp Dijon mustard
9 tbsp. extra-virgin olive oil
Black pepper and salt to taste

Power Bowl
1. Start with a base of a grain and a green
   - Today we are using quinoa, and massaged kale
2. Prep your veggies ahead of time
   - We are using sweet potato, roasted beets, edamame, roasted chick peas and avocado
3. Add salsa or a dressing
   - We are making our own lemon citrus dressing

Dark Chocolate Almond Bark:
1-1.5 lbs of 72% dark chocolate
1 cup chopped almonds
½ cup shredded coconut
¾ cup dried cranberries
¼ tsp seasalt
1 tsp coconut oil

NUTRITION FACTS

What are some properties of a superfood?
- Large quantities of antioxidants, Omega-3 FA, probiotics/prebiotics, vitamins, minerals, essential amino acids

Why are they important?
- They supply your body with an abundance of nutrients to reduce the risk of cancer, illness and diseases

Nourish UNH top 3 favorite superfoods
- Blueberries, Sweet potatoes, Pumpkin seeds