



High-Protein Power Bowl with Avocado, Sweet Potato & Hot Honey Drizzle

Ingredients:

- 1 ripe avocado (sliced)
- 1 medium sweet potato (cubed)
- 1/2 lb ground meat (beef, turkey, or chicken)
- 1 cup cottage cheese (low-fat or full-fat, as preferred)
- 1 tbsp olive oil or spray
- Salt, pepper, paprika, garlic powder (for seasoning)
- 1–2 tsp hot honey (or mix honey + a dash of hot sauce)

Instructions:

1. Roast the Sweet Potatoes:

- Preheat oven to 400°F (200°C).

- Toss sweet potato cubes with olive oil, salt, pepper, and paprika.
 - Roast for 25–30 minutes until golden and tender.
2. Cook the Ground Meat:
- In a skillet, cook ground meat over medium heat until browned.
 - Season with salt, pepper, and garlic powder.
3. Assemble the Bowl:
- In a bowl, layer:
 - A scoop of roasted sweet potatoes
 - A serving of ground meat
 - Sliced avocado
 - A generous dollop of cottage cheese
4. Drizzle & Serve:
- Finish with a hot honey drizzle over the top.
 - Optional: add microgreens, crushed chili flakes, or lime juice.

2 servings