

# Chickpea Breakfast Bowl

## Ingredients

2 15 oz Can of Organic Chickpeas (garbanzo beans), drained  
1 organic tomato diced \*avoid if not doing nightshades  
1 can coconut milk (cream or regular)  
1 tsp of curry  
½ tsp of cinnamon  
½ tsp of ginger  
1/2 Tsp Turmeric  
1/2 Tsp Salt  
1/2 Tsp Pepper  
1 large White Onion diced  
3 Cloves Garlic minced  
Coconut or avocado oil for cooking  
1 cup of Spinach or Kale  
Handful of Parsley minced \*optional  
Avocado  
Squeeze of lime juice



## Directions

Melt coconut oil on medium heat and add onion for 5-7 minutes or until soft.  
Add garlic and tomatoes (optional).  
Stir in spices and cook for 2-3 minutes.  
Add drained chickpeas and stir to coat.  
Add coconut milk and bring mixture to boil.  
Reduce heat and add spinach (or serve over spinach for a breakfast bowl). Allow it to wilt gently by folding the mixture.  
Add a squeeze of lime juice or a pinch of chili flakes for some heat.

Serve over spinach or sprouted cooked quinoa with cilantro and avocado. Enjoy for breakfast if you find you don't do well with eggs:)