

# Pumpkin Glow Bowl

Nourish your hormones with every bite! This Pumpkin Glow Bowl is full of feel-good nutrients to support hormone health. Fibre-rich pumpkin and chickpeas help balance blood sugar, while tahini, pepitas, and avocado provide the healthy fats and minerals your hormones love. Simple, nourishing, and perfect for spring!



**Serves:** 2–3

**Prep time:** 15 minutes | **Cook time:** 25 minutes

## Ingredients

- 2 cups pumpkin, peeled and cut into cubes
- 1 Tbsp olive oil
- 1 tsp ground cinnamon (or smoked paprika if you prefer savoury)
- 2 cups kale or baby spinach
- 1 cup cooked brown rice or quinoa (warm or cold)
- ½ avocado, sliced
- ½ cup cooked chickpeas (rinsed and drained if canned)
- 2 Tbsp pepitas (pumpkin seeds), toasted
- Pinch of sea salt and cracked pepper

### Dressing (Miso-Tahini Glow Sauce):

- 2 Tbsp tahini
- 1 tsp white miso paste
- Juice of ½ lemon
- 1 tsp honey or maple syrup
- 2–3 tbsp warm water (to thin)

## Method

- **Roast the pumpkin:** Preheat oven to 200°C (fan forced). Toss pumpkin cubes with olive oil, cinnamon (or paprika), salt, and pepper. Spread on a baking tray and roast for 20–25 minutes until golden and tender.
- **Prep the greens:** Lightly massage kale or toss spinach with a splash of olive oil and lemon juice to soften.
- **Make the dressing:** Whisk tahini, miso, lemon juice, and honey in a small bowl. Add warm water gradually until smooth and pourable.
- **Assemble the bowls:** Divide rice or quinoa between bowls. Top with roasted pumpkin, greens, chickpeas, avocado slices, and pepitas.
- **Finish with glow sauce:** Drizzle dressing generously over the top and enjoy warm or chilled.