

## RECIPE: TERIYAKI VEGETABLE BOWL

### SPICES & SEASONINGS

Red pepper flakes

### VEGETABLES

Bok choy, 2 head

Carrot, 1

Red bell pepper, 0.5

### MISCELLANEOUS

Quinoa, 1 cup

Broccoli florets, 1 cup

Nama Shoyu, 0.5 cup

Raw wild honey, 0.5 cup