

# Food Babe's Sweet Potato Black Quinoa Coffins



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	50 mins	1 hr	4

<https://foodbabe.com/how-to-make-a-healthy-halloween-dinner-dessert>

## Ingredients:

- 1 cup black quinoa
- 2 medium sweet potatoes
- 1 pomegranate
- 2 teaspoons red onions, chopped
- $\frac{3}{4}$  cup pecans, chopped
- 1 pinch sea salt
- $\frac{1}{2}$  teaspoon nutmeg
- 1 teaspoon coconut oil
- 1 teaspoon raw honey (get local if possible)
- 4 green olives
- 1 green bell pepper, thinly sliced
- 1 pinch ground black pepper

## Instructions:

1. Preheat oven to 375° F.
2. Wash and scrub sweet potatoes and prick with a fork.
3. Bake sweet potatoes on pan for about 40-50 minutes or until tender.
4. While sweet potatoes are baking, cook quinoa to package instructions.
5. After quinoa is finished cooking, combine onions, pecans, coconut oil, nutmeg, and pomegranate seeds to quinoa and stir
6. Allow sweet potatoes to cool slightly, cut in half longwise, and scoop out a couple of tablespoons of the middle.
7. Fill each sweet potato half with  $\frac{1}{4}$  quinoa mixture.
8. Decorate each "coffin" with green olive head and green peppers for the body.
9. Drizzle each coffin with honey if desired.
10. You might have left over quinoa, depending on how big your sweet potatoes are, the left overs are perfect to enjoy the next day as a salad.

## Notes:

- Please use all organic ingredients if possible