



Farro Protein Breakfast Bowls

Prep time: 15 minutes

Cook time: 20 minutes

Ready in: 35 minutes

Serves: 2

Ingredients:

- 1 1/2 cups pearled farro, rinsed and drained
- 1/2 cup plain yogurt
- 1/2 lemon, juiced, plus lemon wedges, for serving
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh chives
- 1 clove garlic, finely grated
- Kosher salt and freshly ground black pepper, to taste
- 1 pint cherry tomatoes, halved
- 2 cups stemmed and chopped kale
- 2 soft-boiled eggs, halved
- 1 avocado, halved, pitted, peeled and sliced



Preparation:

1. Bring a medium pot of salted water to a boil over high heat. Add farro and cook until tender, about 15 to 20 minutes. Drain.
2. Meanwhile, whisk yogurt, lemon juice, dill, chives and garlic together in a small bowl until combined. Season with salt and pepper.
3. Transfer cooked farro to 4 bowls and top evenly with tomatoes, kale, eggs and avocados. Drizzle with yogurt mixture and serve.