Everything Egg Avocado Yogurt Bowl

Did you know certain foods can actually lower your levels of cortisol, the primary stress hormone? While helpful when released in short-term stressful scenarios, long-term release of the hormone leads to inflammation and increased blood pressure.[1] So lowering cortisol is best controlled with an anti-inflammatory diet, full of foods high in vitamin B, magnesium, protein and fermented foods. Here's a recipe for cortisol de-stressing, boasting Greek yogurt, quinoa and olive oil in addition to eggs and avocado.

Ingredients

1 cup plain full fat greek yogurt
1 cup cooked brown rice, farro, or quinoa
2 eggs, soft-boiled, poached, or fried
1 avocado, sliced
Juice from 1 lemon
2 tablespoons everything bagel spice
1 cup arugula or micro greens
Flaky sea salt
Extra virgin olive oil
Fresh chopped chives, basil, or dill, for serving

Directions

1. Spread the yogurt between 2 bowls.
2. Top with brown rice, eggs, and avocado.
3. Drizzle with lemon juice. Sprinkle with everything spice.
4. Add a handful of greens.
5. Drizzle each bowl lightly with olive oil and sprinkle with fresh herbs.

Sources: Half-Baked Harvest

[1] Cleveland Clinic, "Eat These Foods to Reduce Stress and Anxiety"