

Sweet Broccoli Stir

Brought to you Lucas Rockwood by [YOGABODY Naturals LLC](http://www.YogaBodyNaturals.com)

Ingredients

1 head broccoli
1 big bell pepper
2 cloves garlic
coconut oil



Instructions:

- 1- Steam your veggies lightly for about 5 minutes
- 2- Add about 3 Tbs coconut oil to your pan
- 3- Add the garlic, salt and pepper
- 4- Toss in the veggies and stir-fry for 3-4 minutes
- 5- Serve with quinoa and sesame seeds
- 6- Toss over some cracked black pepper and a squirt of lemon

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LUCAS ROCKWOOD is a yoga teacher trainer, an author, and the founder of *YOGABODY Naturals*, an education and food supplement company that creates powerful yoga tools for real people.

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