

Buddha Bowl

Ingredients

- Vegetables such as carrot, cucumber, jicama, tomato, red cabbage, sugar snap peas, kale, beets, onion, radishes, etc.
- Fruit such as apple, pear, blueberries, etc.
- Beans such as black, white, garbanzo, or pinto
- Seeds such as pumpkin, sunflower, or hemp
- Cooked grains such as black rice or quinoa
- Protein of choice
- Optional: Avocado, hard-boiled egg, sauerkraut
- Dressing of choice

Instructions

1. Chop all vegetables and fruits into bite size pieces and set aside
2. To a bowl, add beans, grain, protein of choice, and any additional extras
3. Mix in the chopped vegetables
4. Pour on your dressing of choice and mix to combine
5. Enjoy!