



# NOURISHING BUDDHA BOWL



1 SERVINGS



35 MINS

CALORIES  
525

PROTEIN  
16G

FATS  
23G

CARBS  
65G

## INGREDIENTS

- 1 cup cooked brown rice
- ½ cup roasted chickpeas
- ½ cup steamed broccoli
- ¼ cup grated carrots
- ¼ cup sliced avocado
- ¼ cup shredded purple cabbage
- 2 tablespoons tahini sauce
- Microgreens for garnish

## METHOD

1. Arrange brown rice as the base in your bowl.
2. Arrange roasted chickpeas, steamed broccoli, grated carrots, avocado slices, and purple cabbage in sections around the bowl.
3. Drizzle with tahini sauce and top with microgreens.

**Pro Tip:** For extra flavor and crunch, season your chickpeas with cumin, smoked paprika, and garlic powder before roasting them at 400°F for 20-25 minutes.