

ROAD NOTES HEALTHY RECIPE  
(Rvegan\_life @ Instagram)

# Buddha Bowl



Ready in 40 **minutes**

Serves **1 serving**

## Ingredients

- 1 cup kale
- ½ cup red cabbage
- 1/3 pcs sweet potato
- ¼ cup chickpeas
- ½ cup sprouts
- ½ pcs avocado
- ¼ cup mango
- ¼ tsp chili
- ¼ tsp Himalayan Sea Salt
- 1 tsp cumin
- 1 tbsp lime juice
- 1 tsp pumpkin seeds
- 1/3 cup brown rice

## Preparation

1. Set oven to 360F
2. Wash the brown rice and put it to boil as instructed on the package.
3. Mix sweet potato and chickpeas with some olive oil and cumin and cook them for about 30 minutes or until ready.
4. Wash and cut the rest of the veggies.
5. Mix mashed mango, lime juice and chili.
6. When ready arrange all cooked and raw ingredients in a bowl together with the mango sauce and sprinkled pumpkin seeds.
7. Enjoy your healthy meal!

## Meal Information

Calories: 962.30

Protein: 0.54 oz

Fat: 0.64 oz

Carbs: 4.55 oz

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