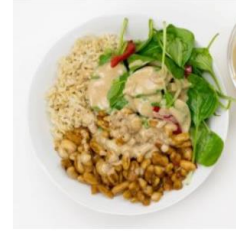


How to Make a Buddha Bowl

How to Make a Buddha Bowl - The Definitive Guide. An incredibly satisfying meal - made the way you want, + 20 of the best belly filling recipes out there!



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 Course	Mains
 Cuisine	Vegan
 Time	30 minutes
 Prep Time	10 minutes
 Cook Time	20 minutes
 Total Time	30 minutes
 Servings	2 bowls
 Calories	600kcal
 Author	HurryTheFoodUp

Ingredients

- ½ cup uncooked grains (rice, quinoa, millet, freekeh, buckwheat, barley or couscous)
- 3 cups leafy greens (some favourites are spinach, kale, cabbage, cauliflower, broccoli, asparagus, mushrooms, bell peppers, carrots, tomatoes, cucumbers, zucchini, onions, sprouts, avocado and spring onion)
- 1 cup cooked legumes (1 cup = 1 can / 15.5 oz / 435g; black beans, kidney beans, white beans, black eyed peas, chickpeas, red lentils, brown lentils, peas, edamame. Also tofu, seitan or tempeh works.)

Instructions

1. Step 1: Cook the grain
2. Step 2: Prep the greens
3. Step 3: Prep the legumes
4. Step 4: Whip up a nice dressing
5. Add everything together in one bowl.
6. Enjoy while doing the downward dog ;-)

Notes

For the dressing try sriracha, soy yogurt or a combo of vinegar, olive oil, salt and pepper.

Nutrition

Serving: 450g | Calories: 600kcal | Carbohydrates: 90g | Protein: 22g | Fat: 22g