

Summer Buddha Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 tbsps Tahini
- 1 1/2 tbsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Maple Syrup
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 3 cups Arugula
- 1 Carrot (large, shredded)
- 1/2 cup Strawberries (halved)
- 1 Avocado
- 1/2 cup Chickpeas (roasted)

DIRECTIONS

- 01 Add tahini, lemon juice, extra virgin olive oil, maple syrup, water, and sea salt to a jar. Cover with lid and shake well until smooth and creamy.
- 02 Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	393	Carbs	31g
Fat	29g	Protein	9g