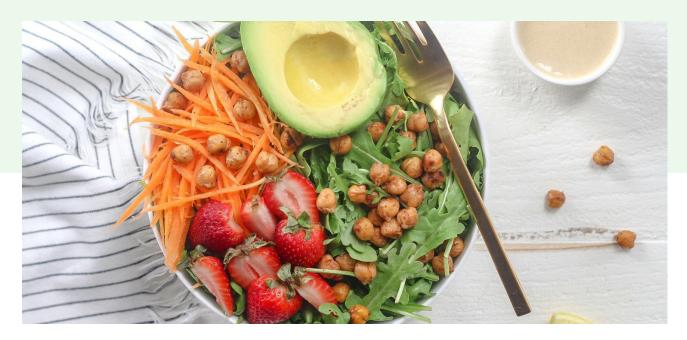
Summer Buddha Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

11/2 tbsps Tahini

11/2 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)

NUTRITION

AMOUNT PER SERVING

Calories393Carbs31gFat29gProtein9g

DIRECTIONS

- O1 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!

