

A top-down view of a Buddha Bowl. The bowl is filled with a variety of ingredients: a base of yellow quinoa, topped with roasted chickpeas, sliced mushrooms, and a small bowl of hummus. The bowl is garnished with sliced cucumbers, tomatoes, and a drizzle of tahini dressing. A fork is visible next to the bowl.

Buddha Bowl

IMMUNE SUPPORTING INGREDIENTS

- 1 **Sweet Potato** (diced)
- 1 Can **Chick Peas (Garbanzo Beans)**
- ½ Cup **Dry Quinoa**
- 1 Bunch **Kale** (ribs removed, chopped)
- ½ **Onion** (chopped)
- Dash of **Ginger & Turmeric** (or more to taste!)
- Olive Oil, Paprika, & Cinnamon to taste!
- Tahini Dressing - store bought or homemade

On a baking sheet, spread combined **sweet potato, chick peas, spices, and olive oil**. Roast at 400° for 15 minutes, toss, add **onions and kale**, and return to oven for 15 more minutes. Cook **quinoa** according to package directions. Combine all ingredients and top with **tahini sauce**. Time to enjoy!!

WAYS TO BOOST IT MORE...

Top with a **beet-based sauerkraut** for an extra probiotic!