

PROTEIN-PACKED BUDDHA BOWL

Ingredients

- 1 cup cooked quinoa
- 1/2 cup cooked chickpeas
- 1 cup roasted sweet potatoes
- 1/2 avocado, sliced
- 1/4 cup edamame
- Handful of mixed greens
- Tahini dressing

Instructions

1. In a bowl, arrange the cooked quinoa, chickpeas, roasted sweet potatoes, avocado slices, edamame, and mixed greens.
2. Drizzle with tahini dressing and mix gently to combine all ingredients.
3. Dive into your nourishing and energizing protein-packed Buddha bowl!



Nutrition Facts (per serving)

Calories: 400
Protein: 18g
Carbohydrates: 45g
Fat: 15g
Fiber: 12g