



POWER BOWLS

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A Buddha bowl, also called a “Power Bowl,” is a simple one-bowl meal that typically includes:

- Bed of greens - kale, arugula, spinach
- Whole grains - brown rice, quinoa, millet, corn, noodles
- Fresh vegetables - potatoes, sweet potatoes, carrots, butternut squash, beets, onions, peppers, broccoli, cauliflower, yucca
- Legumes - beans, lentils, chickpeas, tofu/tempeh/edamame/soy curls



A Buddha bowl, also called a “Power Bowl,” is a simple one-bowl meal that typically includes:

- Others - mushrooms, plantains, jackfruit
- Drizzled with a flavorful dressing or sauce
- To finish the dish off, you can sprinkle your favorite seeds or nuts, garnish with fresh herbs, or add microgreens/sprouts.



They're also incredibly versatile.

Creating your own power bowl is a great way to use whatever ingredients you have available in your kitchen, including leftovers.



10 Healthy Plant-Based Buddha Bowl Recipes





Venezuelan Bowl



Sweet Potato Tofu Buddha Bowl



Vegan Sushi Power Bowl



Tomatillo & Sweet Potato Buddha Bowl



Pasta Alfredo Bowl



Mushroom Barbacoa Bowl



Tempeh With Ginger Marinade



Mexican Power Bowl



Sweet Potato Noodle Bowl



West African Good Bowl



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Let's get cooking!

