



grounded  
HEALTH & WELLNESS

## Buddha Bowls

You can make Buddha bowls in endless combinations! You just need grains, beans & greens.

### Whole Grains

½ - ¾ cup cooked whole grain of choice (ex. brown rice, quinoa, millet, farro\*)

*\*Farro contains gluten. It is best when cooked with vegetable/chicken broth!*

### Beans

½ - ¾ cup cooked bean of choice (black beans, garbanzo beans, pinto beans) or tofu

*If you haven't just cooked the grains & beans, add them to your bowl and heat in the microwave before adding your greens and other toppings.*

### Greens

1-2 cups greens of choice (i.e. Baby spinach, chopped kale, arugula, red leaf lettuce)

### **Additional topping ideas**

Purple cabbage, sliced thin

Pickled veggies

Roasted veggies, chopped

Avocado or guacamole

Tomato, chopped

Green onions, sliced

Carrots, sliced thin or grated

Soybeans (edamame)

Pepitas or sunflower seeds

### Dressing

Favorite salad dressing

Salsa