

# buddha bowl

Simple whole foods served in an attractive bowl and enjoyed with gratitude. Infinite variations and a quick meal in minutes. Sprouting the grain and legumes before cooking will add to the nutritional value and digestibility of this dish.

*Serves 1*

## Ingredients

Any/all of the list below – aim for at least a green, a grain, and a legume + dressing

- raw or cooked leafy greens
- cooked whole grain
- cooked legumes
- raw or cooked seasonal vegetables
- fermented vegetables
- sprouts or microgreens
- nuts
- seeds
- dressing – Basic Vinaigrette is fine, or try adding miso or tahini to a citrus vinaigrette

## Method

1. Choose a beautiful bowl – one that really “speaks” to you in its shape, size, material, color....
2. Layer the foods attractively in the bowl and drizzle with dressing.
3. Set a beautiful table with a pretty view and take a moment to hold the bowl in your hands and give thanks – for the earth, the sun, the water, the pollinators, the farmers, and the pickers who brought them to you and for the nourishment you will receive from them.
4. Mix the ingredients together (or not) and enjoy!

## Variations

1. ‘Nuff said.
2. For more than one person, provide a “buffet” of options (including bowls!) so each can assemble to taste – a great hit with kids!

## Do ahead

If you have the ingredients on hand (made in batches or even leftovers), this meal comes together in a matter of minutes.

