

Happy Hippie Bowl

with too many goodies to list

Serves ~8

Ingredients

Tahini Garlic Dressing

1/2 cup nutritional yeast flakes
1/3 cup water
1/8 tsp cayenne pepper
1/3 cup tamari or soya sauce
1/3 cup raw apple cider vinegar
3 cloves garlic minced
1 cup olive oil
2 tbsp tahini paste

Happy Hippie Bowl Fixings

4 cups cooked sprouted brown rice or quinoa
2 cups raw beets, grated
2 cups raw carrots, grated
2 avocados, diced
1 pkg pea shoots or other sprouts
2 cups roasted chicken or sautéed extra firm tofu, cubed
1 pkg nori, cut into thin strips (sesame roasted is my fave)
8 cups baby spinach
1 cup slivered almonds or other nuts



Directions

1. Prepare your rice or quinoa and set aside to cool.
2. Prep all of the salad ingredients and set aside in bowls.
3. In a blender, combine yeast, water, cayenne pepper, soya sauce, apple cider vinegar and garlic. Pulse for a few seconds. Keep the blender on, and through the opening in the middle pour the olive oil in a steady stream. Add the tahini paste and pulse until well combined. You will have left over dressing to use again.
4. To assemble the bowl, put in spinach, top with rice or quinoa and your choice of toppings. Drizzle with tahini garlic dressing.
5. This recipe is great to make for a week of lunches. Simply have everything prepped and assemble lunch containers with a side of dressing.

Love from the ov,

Sara