



Spring Green Buddha Bowl

- 1 cup cooked quinoa
- 1 cup steamed asparagus, chopped
- 1 cup baby spinach
- ½ avocado, sliced
- ½ cup edamame, steamed
- ¼ cup sliced radishes
- Juice of 1 lemon
- 2 tablespoons of olive oil
- Salt and pepper to taste
- ¼ cup pumpkin seeds, raw or roasted
- Optional addition of protein: 3 ounces of grilled chicken, wild caught salmon, or organic tofu/tempeh

Enjoy this recipe to help you get started: Fresh, filling, and a perfect alternative to stress-free grab snacks.

Place quinoa in a bowl. Add asparagus, spinach, avocado, edamame and radishes. Whisk lemon juice, extra virgin olive oil, salt and pepper. Top with pumpkin seeds.

Add choice of protein if desired for a main dish.

