



Plant-Based Nourishing Bowls

This recipe is a little different than a typical recipe description.

There is no right or wrong way to make a plant-based bowl.

You can (and should) customize it to your tastes and preferences.

You can easily follow the formula below to ensure you have the perfect combination of ingredients to create a satisfying meal.

However, for the sake of this class... we will be using the following ingredients to make four meals:

- 1 cup quinoa
- 1 sweet potato
- 1 can chickpeas
- 1 bunch asparagus or head of cauliflower
- 1 avocado
- ½ cucumber
- 1 red pepper
- ½ red onion or 4 green onions
- ¾ cup sunflower seeds or pumpkin seeds or hemp seeds (or a combo)

General Formula for future reference:

- 1 base – quinoa, brown rice or couscous
- 1 protein – chickpeas, tofu, beans, etc.
Or add your favourite meat protein – chicken, shrimp, any leftovers from the night before!
- As many veggies as you want – cucumber, pepper, green or purple onion, carrot, cabbage, kale, zucchini, etc. raw or roasted or a combination.
- 1 dressing – recipe examples below
- Garnish fresh herbs (if available) – example parsley, cilantro, etc.
 Seeds or nuts – example almonds, chia, hemp, sunflower seeds, etc.

Instructions:

For your **base** – follow instructions on package for cooking.

For your protein

- Slice avocado into thin strips
- Cut tofu into cubes, press towel to release excess water, and marinate in 1/3 cup olive oil, 1/4 cup balsamic, 1 tsp salt.
- Rinse chickpeas and pat dry. Preheat oven to 450. In a small bowl, mix 1 tbsp olive oil, 1/4 tsp salt and 1/4 tsp paprika or chili powder. Coat chickpeas in mixture and place on parchment lined baking sheet. Bake for 30 minutes.

For your veggies

Wash veggies you wish you use. Slice veggies into small, bite-sized cubes. For cabbage or kale, slice thinly and massage in a little olive oil and salt before adding to the bowl. Ideally you will have 1 cup of veggies per person you are serving.

Note – you can also roast your veggies. Dice veggies and place on baking sheet. Coat with a little oil and salt. Roast at 400-425 degrees for 15-20 minutes

For your sauce

Option #1

Almond Butter Dressing

- 1 clove garlic
- 1 tbsp ginger powder
- 3/4 cup almond butter or peanut butter
- 4 tbsp lime juice
- 2 tbsp tamari
- 1 tsp olive oil
- 1 tsp honey
- 4 tbsp water (as needed)

Combine everything (except water) in food processor. Blend. Add water 1 tbsp at a time until desired consistency/thickness

Option #2

Tahini Sauce

- ½ cup raw tahini
- 1 clove garlic
- 2 tbsp lemon juice or lime juice
- 1 tsp honey
- 1 tbsp tamari
- 3 tbsp water
- 1 tsp olive oil

Combine everything (except water) in food processor. Blend. Add water 1 tbsp at a time until desired consistency/thickness

No Bake Energy Bites

Ingredients:

2 cup oats

½ cup chia seeds

1-2 scoop Protein Powder – flavor/brand of choice (optional)

1 cup Nut butter or sunflower seed butter or tahini

½-¾ cup Almond Milk or Oat Milk

¼ cup Maple Syrup or Honey

½ tsp cinnamon

¼ cup chocolate chips or ¼ cup coconut

Tools:

Bowl

Baking Sheet, Plate or Platter – for storage

Measuring Cups and Spoons

Ice Cream Scoop - optional

Directions:

Combine dry ingredients in the bowl. Add nut or seed butter and sweetener. Slowly add milk – one tbsp. at a time. Mix as you pour. Once desired consistency – able to press the dough together and have it stick, stop adding milk. Then mix in chocolate chips. Don't be scared to use your hands!

Using a spoon or ice cream scoop, spoon out dough. Using your clean hands, press into balls. If mixture still remains too dry, add a tbsp. of water. If mixture is too

wet, add more oats or protein powder. Add only 1 tbsp. at a time. You can also let your mixture stand in the fridge for 10 minutes prior to turning into balls. This allows the chia seeds to work their magic and absorb some of the liquid.

Store in container in the fridge for up to a week.

Note – you can also add any other nuts, seeds, dried fruit or flavouring you wish. You may have to adjust the liquid.