



## *Turmeric Cauliflower* **BUDDHA BOWLS** gluten & dairy free | easy | vegan friendly



### **TURMERIC CAULIFLOWER BUDDHA BOWLS**

½ Carrot sliced thin or shredded per bowl

- 1 cup cut up Cauliflower per bowl
- ½ cup Cherry tomatoes per bowl sliced in half
- Handful fresh cilantro per bowl
- 1 cup Edamame beans per bowl (I use frozen, thawed)
- 2 handfuls Kale (Chiffonade) per bowl
- ½ Zucchini slices per bowl

• 1 tbsp Maple syrup

• ½ cup Brown rice per bowl

Baking & Spices X how many bowls serving

- 2 Salt and pepper
- 2 tsp Sesame seeds
- 1 tsp Turmeric, ground

- 2 tsp Apple cider vinegar
- 2 Coconut oil
- 1 tbsp Sesame oil

Sesame and sunflower seeds to sprinkle over all

• ½ tsp Cumin, ground

• 3 tbsp Tahini

Sauté cauliflower pieces in oil and add turmeric. When semi soft, add tahini. Continue to sauté till browned

Make bowls by arranging each food over all. Slather with dressing

## **HEMPSEED RANCH DRESSING**

In a blender:

3 Tblsp. Hemp Seeds (for good healthy fats)

½ tsp. onion powder

½ tsp. garlic powder

¼ tsp. cracked black pepper

2 Tblsp. White wine vinegar (adds tartness and acidity)

2 Tblsp. Raisins (is a whole food and adds the sweetener to round out the acidity)

3 Tblsp. Rolled Oats

1 tsp. dried dill (Add this after last after blended, then a quick blend)

½ cup unsweetened almond milk or any non dairy milk

Blend until creamy and smooth. Add dill and lightly blend again