



Tasty Buddha Bowl Salad

2 servings
 20 minutes

Ingredients

- 1 1/2 tbsps Tahini
- 1 1/2 tbsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 3 cups Arugula
- 1 Carrot (large, shredded)
- 1/2 cup Strawberries (halved)
- 1 Avocado
- 1/2 cup Chickpeas (roasted)

Nutrition

Amount per serving	
Calories	389
Fat	29g
Saturated	4g
Carbs	30g
Fiber	13g
Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	201mg
Potassium	929mg
Vitamin A	5978IU
Vitamin C	42mg
Calcium	147mg
Iron	3mg
Vitamin D	0IU
Folate	209µg
Vitamin B12	0µg
Zinc	2mg

Directions

- 1 Add tahini, lemon juice, extra virgin olive oil, water and sea salt to a blender or food processor. Blend until smooth and creamy.
- 2 Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!

Notes

Leftovers: Refrigerate ingredients separately to avoid having the salad turn soggy. Store for up to three days.

No Arugula: Use another green such as baby spinach or kale.

More Fiber: Add brown rice or quinoa to increase the fiber.