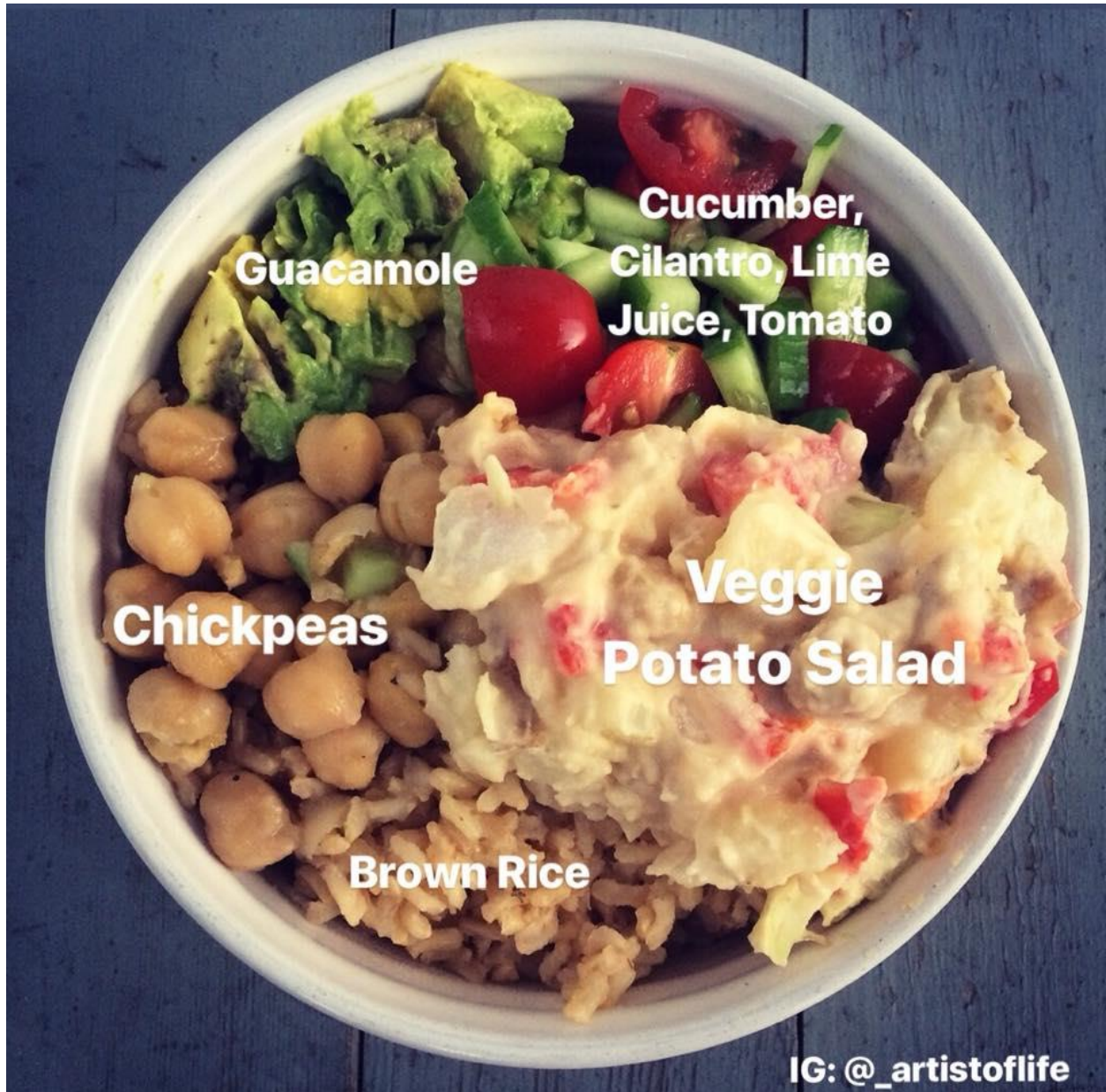


# RECIPE



# RICE BOWL

## **Brown Rice**

*1 cup rice to 2 cups boiling water cooked on med/low heat for 30-45m  
(add 1 tbs avocado oil in water / add seasonings before & after)*

*\* Use whichever seasonings you'd like to use \**

## **Garbanzo Beans**

- 1 cup (soaked) beans*
- 1 tsp seasonings (sea salt, paprika, turmeric, fenugreek, cumin, black pepper, coriander, onion, garlic)*
  - soak beans overnight (or use canned)*
  - add soaked beans, seasonings and necessary water*
  - cook on med heat for 25-35 minutes*
  - add seasonings during cooking*

## **Veggie Potato Salad**

- 3 diced potatoes*
- boil 5 cups of water*
- ½ diced red bell pepper*
- ½ diced yellow onion*
- 3 tbs vegan mayonnaise*
- add ¼ cup garbanzo beans*

## **Cucumber Tomato Salad**

- 1 diced baby cucumber*
- 5 diced cherry tomatoes*
- freshly diced cilantro*
- 1 freshly squeezed lime*

## **Guacamole**

- ripe avocado*
- freshly squeezed lime*
- ½ tsp cayenne pepper*