

ONE BITE

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Vegan Magazine

Jan / Feb 2020

VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

+ WFPB RECIPES

WIN A COPY of the 'WEEKNIGHT ONE POT
VEGAN COOKING' COOKBOOK

Nourishing Buddha Bowl

By Jess - Choosing Chia

The best darn buddha bowl recipe there is.

INGREDIENTS

MAPLE ROASTED CHICKPEAS:

- 1 can chickpeas (14oz)
- 1 tbsp. olive oil
- ½ tsp salt
- ¼ tsp cinnamon
- 2 tsp maple syrup
- ¼ tsp cayenne pepper

BOWL:

- 1 medium sweet potato, cut into small cubes
- 2 cups quinoa, cooked
- 1 avocado, sliced
- ½ cup purple cabbage, shredded
- 1 cup kale, shredded

FOR THE BOWLS:

- 1 garlic clove
- 2 tbsp lemon juice
- ¼ cup tahini
- 2 tbsp olive oil
- salt and pepper to taste
- 2-4 tbsp water (*depending on how runny your tahini is you may need more or less water to thin out the sauce)
- salsa
- ½ cup cooked brown rice

INSTRUCTIONS

1. Preheat the oven to 425 degrees and line 2 baking pans with parchment paper.
2. Pat your chickpeas with a paper towel until they're mostly dry then toss them with olive oil, salt, cinnamon, maple syrup and cayenne pepper. Place on a baking pan and bake for 30-35 minutes until golden brown and crispy.
3. Place the sweet potatoes in a separate pan and bake for 20-30 minutes until tender. (You can cook the sweet potatoes and chickpeas at the same time.)
4. To prepare the dressing, blend everything together until smooth.
5. To assemble your bowl, place quinoa on the bottom, and top with shredded cabbage, kale, quinoa, sliced avocado, sweet potato, and chickpeas. Top with tahini dressing.



Jess (ChoosingChia)

Jess is a writer, photographer, and recipe developer at choosingchia.com. Jess is dedicated to creating delicious, healthy vegetarian recipes that promote wellness. She aims to show her followers how easy it can be to cook healthy and delicious home-cooked meals.

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