



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[www.YourBodyCanTalk.com](http://www.YourBodyCanTalk.com)

[YourBodyCanTalk2@Gmail.com](mailto:YourBodyCanTalk2@Gmail.com)

## Buddha Bowl

A Buddha Bowl is packed so full that it has a rounded “belly” appearance on the top, much like the belly of a Buddha. It’s so delicious!

### Ingredients:

- 10 med Green Asparagus
- 1 med Avocado, *chopped*
- 1 med Tomato, *chopped*
- 4 cups Spinach, *may be chopped*
- ½ med Sweet Potato, *chopped*
- ½ cup Quinoa, *cooked*
- ½ cup Red Beans, *cooked*

### For the Dressing:

- 4 Tbsp Water
- 4 Tbsp Tahini
- 2 Tbsp Lemon Juice
- 1 Tbsp Soy Sauce or Tamari
- 1 Tbsp Maple Syrup



### Instructions:

1. Preheat the oven to 400°F. Bake the chopped sweet potatoes and the green asparagus for 30 or 40 minutes or until they are soft.
2. Blend dressing ingredients until smooth.
3. Place spinach in a bowl and add the rest of the ingredients on top: cooked quinoa, cooked red beans, sweet potato, asparagus, avocado, and tomato.
4. Pour the dressing on top of the quinoa bowl and gently toss to combine.