

Zucchini Noodle Buddha Bowl

2 cups Broccoli Florets
2 large Zucchini, spiralized
1 cup shredded Carrot
1 cup Mung Bean Sprouts
½ cup Honey Basil Lemon Dressing

Bring about 1 inch of water to a boil in a medium pot over medium heat. Place a steamer basket inside and add broccoli florets. Cover and steam for about 3 to 5 minutes. The broccoli should be bright green and tender but not mushy.

Spiralize the zucchini. You can do this at home with a spiralizer or use a vegetable peeler to make wide fettuccini style noodles. You can also buy pre-spiralized zucchini noodles at some grocery stores.

Divide the zucchini between two bowls. Top with steamed broccoli, carrots and bean sprouts. Serve with Honey Basil Lemon Dressing.

Honey Basil Lemon Dressing

Juice of 4 Lemons
1 Garlic clove, minced
½ cup Extra Virgin Olive Oil
1 tsp dried Basil
Sea Salt and Black Pepper to taste

Combine all ingredients in a small bowl and mix with a fork. Store refrigerated in an airtight container for 7-10 days.