

Making The Perfect Buddha Bowl with Laurie Lloyd



Buddha Bowls are those colorful, delicious, nutritious bowls you keep seeing all over your social media feed, and they're almost too pretty to eat. These bowls are taking over health food scene and we decided to consult an expert to help us construct the perfect bowl. To get some tips, we met up with Laurie Lloyd, the holistic health coach and nutritional consultant behind the blog LivLight, who has a passion for holistic eating and a knack for making Instagram-worthy Buddha Bowls. Here's what she told us:



I absolutely love Buddha Bowls because there is no right or wrong when it comes to making them. My only rules are to use a mix of beautiful colors and textures and to fill them with everything you love. I don't believe in eating foods that you don't like just because they're healthy. Instead, I encourage my clients, friends, and followers to find and eat the healthy foods that they do love.

I am a huge fan of Sunday meal prep in order to have healthy food around for the week. I always make tons of roasted veggies, chopped raw veggies, and cooked grains to keep in the fridge, which makes weekday Buddha Bowls a cinch.



I generally start my bowl with tons of chopped greens. This could be kale, spinach, romaine, collards, etc. or a mix of several. You can never have too many greens and this is a great way to get a bunch in. I then top the greens with a mix of colorful chopped raw veggies (think, snap peas, radishes, carrots, cabbage, peppers, etc.), roasted veggies (think, cauliflower, broccoli, sweet potato, butternut squash, etc.), and a grain (quinoa, brown rice, farro, etc.) to create a mixture of textures and colors. Next up, I add protein. I generally stick with plant-based pulses like chickpeas or lentils, but you could certainly add any meats, cheeses, or eggs if you choose. Finally, I top my bowl with avocado (because it's my fav) fresh herbs (parsley or cilantro), some spice (jalapeno, crushed red pepper, or hot sauce), and dressing (usually tahini-based or vinaigrette).

That's it...building the bowl takes a bit of practice, but it's hard to go wrong when you're using fresh, beautiful, and colorful veggies.





Below you'll find a recipe for a recent bowl I made but, as I mentioned, feel free to swap out veggies and grains based on your taste or what you have on-hand. Buddha Bowls are also a great way to use up lots of vegetables before they go bad.

Ingredients:

4 cups tightly packed chopped greens (I use kale)

½ cup fresh snap peas

½ avocado, chopped

2 cups roasted veggies (I used leftover cauliflower and purple sweet potatoes)

¼ cup radish, sliced in rounds

¼ cup chickpeas

¼ cup red cabbage, sliced in strips

½ cup mini tomatoes, halved

¼ cup cooked grain (I used leftover quinoa)

chopped parsley and jalapeno to garnish

Lemon Tahini Dressing:

¼ cup tahini

3 tbsp fresh lemon juice

1 garlic glove, minced finely

3 tbsp warm water

salt and pepper to taste

Whisk all ingredients until smooth, and feel free to add more water if you prefer a thinner dressing.





Make sure to check out [Laurie's feed](#) for lots more inspo and feel free to tag #livlight in your Buddha Bowl creations!