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bean bowls with  
butternut squash,  
black rice, and  
chimichurri. Oat risotto  
bowls with soft-boiled  
eggs, avocado, and  
hazelnut dukkah.

Sunny citrus bowls with  
orange pomegranate  
salsa and lemon  
cream. Carrot cake  
bowls with a cream  
cheese dollop and  
candied carrots.

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**Meals to ...**

2 medium zucchini,  
diced. 4 tablespoons  
raw sunflower seeds. 3

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1/2 tablespoons tahini. 1  
1/2 teaspoons chickpea  
miso. 1 1/2 tablespoons  
white wine vinegar. 1  
tablespoon pure maple  
syrup. Pinch ...

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