

**BLACK BEAN BUDDAH BOWL**

1 portion

INGREDIENTS

- 3/4 cup of canned blacked beans, rinsed
- 2/3 cups of quinoa, cooked [122 g]
- 1/4 cup of hummus, [62 g]
- 1/4 avocados, diced [34 g]
- 3 tbsps of salsa, [54 g]
- 1/4 cup of coriander [4 g]
- 2 tbsp lime juice, raw

COOKING METHOD

- 1° Combine beans and quinoa in a bowl. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency. Drizzle the hummus dressing over the beans and quinoa. Top with avocado, salsa and coriander.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (466 g)	% DRI
ENERGY	114 kcal	532 kcal	27 %
FAT	4 g	19 g	30 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	290 mg	1350 mg	56 %
CARBOHYDRATE	16 g	73 g	24 %
SUGARS	1 g	4 g	—
FIBER	5 g	23 g	91 %
PROTEIN	5 g	23 g	—