

Green Power Bowl



Serves 2-4

Ingredients

Vinaigrette

- 1 medium ripe avocado
- ¼ cup apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice and zest of 1 lemon
- 1 tbsp nutritional yeast
- Salt and pepper to taste
- ¾ cup good olive oil

Salad

- 2 avocados, diced
- 2 tbsp lemon juice
- 2 cups washed and shredded kale leaves
- 1 cup salad niçoise or escarole
- 4 Brussel sprouts, thinly shaved
- ¾ cup thinly shaved cabbage
- 2 cups cooked broccoli
- 1 cup cooked green beans cut in 1" pieces

Preparation

1. Vinaigrette
In a food processor, combine all ingredients except the olive oil.
2. Once the mixture is smooth and creamy, slowly stream

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in olive oil until just combined.

3. Place in a hermetically sealed container that is easy to shake whenever you want a portion.
4. Salad
Toss all the salad ingredients into a large bowl. Top with desired amount of avocado vinaigrette and serve.