

# SUPERFOOD BOWL RECIPES



## CUBAN CAULIFLOWER RICE BOWL

### HIGH IN FIBER AND PROTEIN

**NUTRITIONAL INFORMATION:** Serving Size: 1 ½ Cups; 344 Calories; 18g Fat (3g Sat); 13g Fiber; 39 G Carbohydrates; 11g Protein; 126 Mcg Folate; 0mg Cholesterol; 8 G Sugars; 0g Added Sugars; 5,825 IU Vitamin A; 88 Mg Vitamin C; 112 Mg Calcium; 3 Mg Iron; 632 Mg Sodium; 1,089 Mg Potassium

## EDAMAME & VEGGIE RICE BOWL

### HIGH IN VITAMIN C AND FIBER

**NUTRITIONAL INFORMATION:** Serving Size: 2 Cups; 394 Calories; 22g Fat (3g Sat); 9g Fiber; 44 G Carbohydrates; 9g Protein; 202 Mcg Folate; 0 Cholesterol; 6g Sugars; 0g Added Sugars; 7,974 IU Vitamin A; 101 Mg Vitamin C; 91 Mg Calcium; 2 Mg Iron; 240 Mg Sodium; 935 Mg Potassium

## CLASSIC ACAI BOWL

### A GREAT SOURCE OF ANTIOXIDANTS, IRON, CALCIUM AND VITAMIN A

**NUTRITIONAL INFORMATION:** Serving Size: 1.5 Cups; 330 Calories; 15g Fat (3.5g Sat); 65mg. Sodium; 48g Carbohydrates; 9g Fiber; 5g Protein; 20% DV Iron

(nutrition facts do not include optional toppings)



# SUPERFOOD BOWL RECIPES

## CUBAN CAULIFLOWER RICE BOWL - SERVES 4

### INGREDIENTS:

1 medium sweet potato peeled if desired, sliced ¼ inch thick  
2 teaspoons extra-virgin olive oil plus 2 tablespoons, divided  
2 pinches salt plus ½ teaspoon, divided  
½ teaspoon ground pepper, divided  
¼ cup orange juice  
2 tablespoons lime juice  
½ cup chopped fresh cilantro or parsley, divided (optional)  
3 cloves garlic, minced, divided  
½ teaspoon ground cumin  
½ teaspoon dried oregano  
5 cups cauliflower florets or riced cauliflower  
1 (15 ounce) can black beans, rinsed  
1 firm ripe avocado sliced  
½ cup jarred Pico de Gallo

### PREPARATION:

Preheat oven to 400°F. Toss sweet potato in a medium bowl with 2 teaspoons oil, a pinch of salt and ¼ teaspoon pepper. Transfer to a baking sheet. Roast until tender, 10 to 14 minutes. Meanwhile, combine orange juice, lime juice, ¼ cup cilantro, 1 minced garlic clove, cumin, oregano and a pinch of salt in a small bowl. Pulse cauliflower florets in two batches in a food processor until chopped into rice-size pieces (omit step if using riced cauliflower). Heat the remaining 2 tablespoons oil in a large skillet over medium heat. Add the remaining 2 garlic cloves and cook until fragrant, about 30 seconds. Add the cauliflower rice, the remaining ½ teaspoon salt and ¼ teaspoon pepper; cook, stirring, until softened, 3 to 5 minutes. Remove from heat and stir in the remaining ¼ cup cilantro or parsley. To serve, divide the cauliflower among 4 bowls. Top with the sweet potato, black beans, avocado and Pico de Gallo.

## EDAMAME & VEGGIE RICE BOWL - SERVES 4

### INGREDIENTS:

½ cup cooked brown rice  
1 cup roasted vegetables  
¼ cup edamame  
¼ avocado, diced  
2 tablespoons sliced scallions  
2 tablespoons chopped fresh cilantro  
2 tablespoons Citrus-Lime Vinaigrette

### PREPARATION:

Arrange rice, veggies, edamame and avocado in a 4-cup sealable container or bowl. Top with scallions and cilantro. Drizzle with vinaigrette just before serving.

To make ahead: Refrigerate dressing and bowl separately for up to 5 days

# SUPERFOOD BOWL RECIPES

## CLASSIC ACAI BOWL – SERVES 2

### INGREDIENTS:

For the "smoothie" portion:

4oz unsweetened almond milk

1 banana

1 cup strawberries

1 cup frozen blueberries

2 Açai Smoothie Packs (we used one each Original and Unsweetened)

For the topping:

sliced bananas

sliced strawberries

sliced kiwi

frozen blueberries

granola (we used this gluten-free hemp & flax seed variety)

sliced almonds

coconut chips

honey (omit for vegan option)

### PREPARATION:

Run Smoothie Packs under hot water for 5 seconds. Load all smoothie ingredients into blender in order listed and blend until smooth. (If you don't have a super blender, you may have to pause a couple times to stir in any large frozen chunks before blending again). Divide smoothie between two bowls -- or enjoy as a smoothie! -- and top accordingly.

