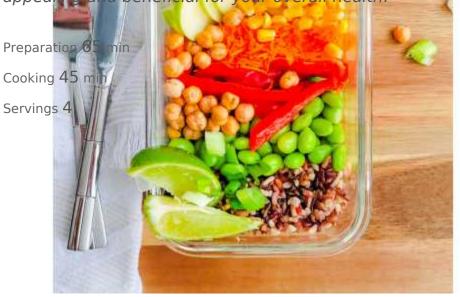
Colorful Rice Bowl Meal

Here's a simple and delicious way to add some color to your day! This vegan bowl meal is perfect for meal prepping and will provide you with a sustainable source of energy due to its high fiber content. Not only is it a treat for your taste buds, but this bowl meal is also visually appealing and beneficial for your overall health!



Nutrition Facts (per serving)

Calories 380 kcal

Fat 9 g

Carbohydrates 59 g

Fibre 10 g

Protein 18 g

Sodium 150 mg

Preparation • 1 green apple, thinly sliced

- 1 red bell pepper, cut into thin strips
- . Cooksthalwildring blendin a pot with water for 45 minutes. Drain if needed and let it cool for 1 minutes.
- . In a large powhamix together the rest of the ingredients.
- . Divide the rice and toppings evenly into 4 serving bowls or containers.
- Forsthendreseigg)(pational): அத்து balsamic vinegar and hot sauce in a small bowl. Pour it ove the54ngb(ntaispe)rbot sauce (such as Sriracha)



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