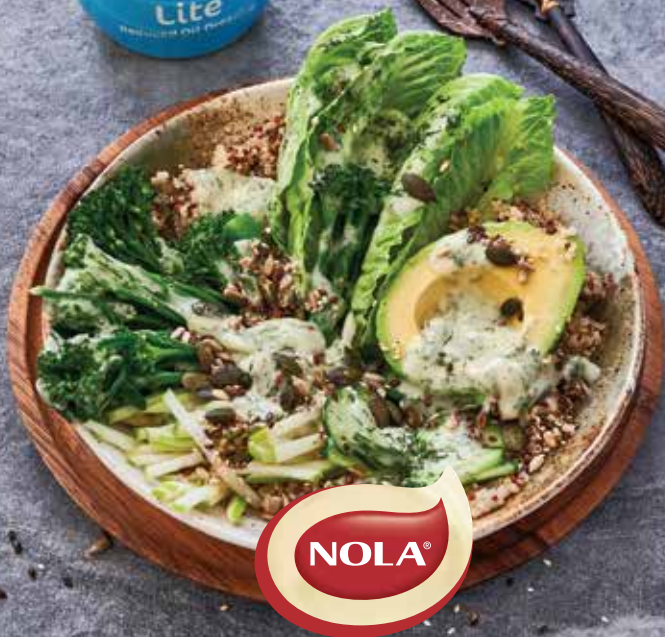


# #CREATEASTIR WITH NOLA'S CRUNCHY GREEN BROCCOLI BUDDAH BOWL

Bring your Buddha Bowl together with Nola.



**NOLA**<sup>®</sup>

## INGREDIENTS

(Serves 4)

2 Tbsp (30ml) finely chopped parsley

2 Tbsp (30ml) finely chopped dill

1 cup (250ml) **Nola Lite**

1½ cups (375ml) of cooked quinoa

180g crunchy lettuce, separated

300g of broccoli florets, blanched

1 green apple, cut into matchsticks

½ cucumber, thinly sliced and halved

2 avocados, halved

¼ cup (60ml) toasted sunflower seeds

¼ cup (60ml) toasted pumpkin seeds (optional)

2 Tbsp (30ml) toasted sesame seeds (optional)

## METHOD

Mix the herbs into the mayo and set aside

Assemble the buddah bowls with a base of quinoa and arrange the rest of the ingredients on top

Sprinkle over the toasted seeds and drizzle over the herb mayo.

