

Vegan Macro Bowl

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/macro-friendly-pizookie-recipe-valentina-esteban>

Ingredients:

- rice
- 1 cup brown rice cooked
- 1 cup white beans cooked
- 1/4 cup nutritional yeast
- mushrooms
- 1 cup shiitake mushrooms sliced
- 1 teaspoon tamari
- 3 pinches black pepper
- 1/4 teaspoon sesame oil or EVOO
- 1/2 cup sauerkraut or pickled veggies
- 2 cups kale organic, shredded
- 3 florets broccoli, optional
- 1 pinch sprouts optional
- 1 tangerine peeled/sliced, optional
- nori
- rice crackers
- tempeh
- 4 ounces tempeh sliced into triangles
- 2 teaspoons maple syrup
- 1 teaspoon tamari
- 1 teaspoon extra virgin olive oil
- 3 teaspoons lemon juice
- 1 tablespoon Tahini
- 1 teaspoon maple syrup

Nutrition:

1. Calories: 1190 calories
2. Carbohydrate: 197 grams
3. Fat: 24 grams

4. Fiber: 28 grams
5. Protein: 58 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 670 milligrams
8. Sugar: 17 grams

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