

# No-Cook Meal Prep

Yield: 1 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-recipe-red-onion-garbanzo-tomato-cinnamon>

## Ingredients:

- 1 1/2 cups oats
- 6 tablespoons seeds chía
- 3 cups almond milk
- 4 tablespoons cinnamon
- 3/4 cup frozen berries
- 3 dates optional
- 4 cups papaya
- 4 cups spinach
- 4 bananas
- 4 tablespoons flax seeds
- 4 cups almond milk
- 4 cups chickpeas canned
- 2 red bell peppers
- 3 tomatoes
- 2 zucchini
- 2 serrano peppers
- cilantro to taste
- 1/2 red onion
- 3 limes
- salt to taste
- pepper to taste
- cayenne to taste
- 2 avocados
- 1/4 cup tahini
- 1/4 cup Dijon mustard
- 1 lime
- 1 cucumber
- 2 carrots
- 2 green onions
- 2 cups edamame
- 3 cups spinach
- 3 cups garbanzo beans canned
- 3 limes

- 3 tablespoons tahini
- 1 teaspoon garlic salt
- 6 slices sourdough bread
- 1 cucumber
- 3 heads broccoli
- 6 tomatoes
- 1 orange bell pepper
- 1 yellow bell pepper
- 3 green onions
- 1 bunch cilantro
- 3 lemons
- 1 avocado