



Super Sun Bowl

INGREDIENTS

Avocado
Beet hummus
Roasted sweet potatoes
Lentils
Shredded cabbage
Shredded carrots
Toasted buckwheat
Spinach
Shredded kale
Olive oil
Salt & pepper

For the Beet Hummus:

1/2 pound beets (about 4 medium sized beets), scrubbed clean, cooked, peeled, and cubed*
2 Tbsp tahini sesame seed paste.
5 Tbsp lemon juice.
1 small clove garlic, chopped.
1 Tbsp ground cumin.
1 Tbsp lemon zest (zest from approx. 2 lemons)
1 Tbsp pumpkin seeds

Generous pinch of salt
Fresh ground pepper to taste.

For the Dressing:

12 Tbsp extra virgin olive oil
4 Tbsp white wine vinegar
2 Tbsp Milford Spice Sun Powder
1 Tbsp lemon juice

DIRECTIONS

For the dressing: Combine 12 Tbsp extra virgin olive oil, 4 Tbsp white wine vinegar, 2 Tbsp Milford Spice Sun Powder, and 1 Tbsp lemon juice, in a salad dressing container and shake vigorously.

Preheat oven to 425 degrees.

For the hummus: In a blender, combine 1/2 pound beets (about 4 medium sized beets), scrubbed clean, cooked, peeled, and cubed*, 2 Tbsp tahini sesame seed paste, 5 Tbsp lemon juice, 1 small clove garlic, chopped, 1 Tbsp ground cumin, 1 Tbsp lemon zest (zest from approx. 2 lemons), a generous pinch salt, and fresh ground pepper to taste.

Peel sweet potatoes and cut into 1" cubes place on baking sheet. Drizzle olive oil and a pinch of salt and pepper, and toss together. When the potatoes are done, take them out to rest for about 5 minutes until cooled off a bit.

Meanwhile, shred both cabbage and kale, set aside.

Make both lentils and buckwheat, according to the directions on their respective packages.

While they're cooking, shred carrots (or use store-bought), and peel and cut avocado into 1" cubes.

In a bowl (or two), combine cabbage, kale, sweet potatoes, avocado, spinach, buckwheat, carrots, and lentils. I like to put them in a circle to have a pretty presentation, but you don't have to.

Top with a heaping spoonful or two of the beet hummus and sprinkle with pumpkin seeds.

Drizzle at least 1-2 Tbsp of the Milford Spice Sun Powder dressing over the whole salad (I use more because it's SO delicious!).