**Buddha Bowls for the Whole Class**

**Carrots:**

3 carrots-peeled, shredded with the grater blade in the food processor.

**Beets:**

2-3 beets-peeled, shredded with the grater blade in the food processor.

**Rice:**

Bring 4 cups of water to a boil in your largest pot. Add 2 cups of rice, stir, bring back to a boil, lid on, lower heat to 2 for 45 minutes. Fluff with a fork, then put the lid back on and let stand until serving time.

**Zucchini:**

1 zucchini-make long strands with spiralizer

**Tofu:**

2 packages-cubed

***Marinate in:*** 125 mL soy sauce, 2 minced cloves of garlic, 1 inch piece of minced ginger.

Let sit for 30 mInutes. Fry in 4 pans on medium heat until lightly browned.

**Almonds:**

**250 mL**

Preheat oven to 350 F. Place on a cookie sheet and spread out. Cook for 5 minutes, checking **often** until lightly browned.

**Spinach:**

½ large bag, washed and air dried.

**Dressing:**

* **1/4 cup** (60 mL) nutritional yeast flakes
* **1/3 cup** (80 mL) soy sauce
* **3 tbsp** (40 mL)apple cider vinegar
* **3 tbsp** (40 mL) water
* **1 tbsp** (15 mL) tahini
* **1 clove**  garlic, crushed
* **¾ cup** (175 mL)vegetable oil

**Dressing:**

In blender, purée together nutritional yeast flakes, tamari, vinegar, water, tahini and garlic. With motor running, add oil in a slow, steady stream. Blend until smooth. *(Make-ahead: Cover and refrigerate for up to 1 week.)*

**Assembly:**

To serve, divide rice among bowls; drizzle each with 1 tbsp of the dressing. Top each with tofu, carrots, beets, spinach and almonds. Drizzle each with more of the dressing.