

delicious dish

**Take it Down Tuesdays – Buddha Bowl and Ice Cream
Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
chicken and soba firecracker buddha bowl with pickled onions	4 skinless, boneless chicken breasts or 6 skinless boneless chicken thighs Fresh cilantro or parsley Fresh garlic 1 jalapeno pepper or 2 tiny red bird chilies Orange juice or 1 orange 2 lime 1 red onion 1 red chili pepper	8 ounces of soba noodles Ground cumin Chili powder Kosher salt Extra virgin olive oil Tahini Honey Sesame oil Red chili flakes Red wine vinegar Sumac	Grill or broil Small fry pan Pot ofr soba Bow for onions	All ingredients ready wash herbs
banana chocolate chunk tahini ice cream	2 frozen bananas Unsweetened non-dairy milk, almond, coconut beverage	4 medjool dates Tahini Cinnamon Pecans 50 grams dark chocolate	Blender Container	Freeze bananas