Mexican Budda Bowl

This budda bowl is super simple to put together, covers all the bases, and is delicious.

INGREDIENTS:
Buddha Bowl

2 extra-large sweet potatoes, peeled and diced into bite-sized 1-inch pieces
2 to 3 tablespoons olive oil
1 teaspoon salt, or to taste
1/2 teaspoon freshly ground black pepper, or to taste
one 15.5-ounce can black beans, drained and rinsed
1 cup corn
1 or 2 Roma tomatoes, diced small
4 to 6 radishes, thinly sliced
1 large avocado, thinly sliced or diced into small cubes
2 to 3 tablespoons fresh cilantro, finely minced; or to taste

Lime-Cumin Vinaigrette
2 to 3 tablespoons lime juice
2 to 3 tablespoons honey or agave
2 to 3 tablespoons olive oil
1 tablespoon apple cider vinegar
1 teaspoon cumin
1 teaspoon chili powder
3/4 teaspoon salt, or to taste
3/4 teaspoon freshly ground black pepper, or to taste
pinch cayenne pepper, optional and to taste

INSTRUCTIONS:
Buddha Bowl
Preheat oven to 400F
Line a sheet pan with foil for easier cleanup if desired, add the sweet potatoes, drizzle with oil, evenly season with salt and pepper, and roast for about 20 minutes, or until as tender as desired; flip once midway through roasting to ensure even cooking. While potatoes are roasting, prepare the bowls and vinaigrette.
Among 4 bowls, evenly divide the black beans, corn, tomatoes, and when the potatoes are done evenly divide them as well.
Evenly divide and top with radishes, avocado, cilantro, and the vinaigrette (see below).

Lime-Cumin Vinaigrette

Combine all ingredients in a small jar with a lid and shake vigorously or in a small bowl and whisk together. Taste dressing and make tweaks if necessary according to taste preferences, i.e. more salt, more honey, more chili powder, etc. You will likely have more vinaigrette than necessary for the bowls but it will keep airtight in the fridge for at least 10 days.

Overnight Oats

The beauty of overnight oats is that you can make them as simple or creative as you'd like. The base recipe is delicious, and filling all on its own. But if you'd like to spruce it up, you can add a variety of toppings and mix-ins, including fresh fruit, nuts, seeds, spices, jams, yogurt, nut butter, protein or fruit powder and more.

INGREDIENTS:

Old-fashioned or Regular rolled oats
Milk – You can make overnight oats with any type of milk you prefer including non-diary options and usually use unsweetened almond milk for my overnight oats.
Yogurt – Yogurt gives overnight oats an extra creamy texture while adding a bit of protein. To make vegan or dairy-free overnight oats you can use a non-dairy yogurt or skip the yogurt all together and use additional milk.
Chia seeds – Chia seeds are optional, but a great addition because they add a bit of fiber, protein and omega-3 fatty acids and they help absorb some of the liquid which gives the oats a thicker consistency.
Add-ins + toppings – Here's where you can get creative. there are some classic add-ins like vanilla extract, ground cinnamon, maple syrup (or honey) and a pinch of sea salt that really enhance the flavor but the combinations are endless.

HOW TO MAKE EASY OVERNIGHT OATS

1:1 ratio of rolled oats to milk, plus half as much yogurt. So for 1 cup of oats, use 1 cup of milk + 1/2 cup of yogurt (or an additional 1/2 cup of milk). You can multiple this recipe for as many servings as desired. If you are adding chia add 1-2 tablespoons per cup of oats.

Stir together. In a mixing bowl, or jar stir together the oats, milk, yogurt, chia seeds, and maple syrup. (For a low sugar version omit the Maple syrup and sub a bit of stevia or monk fruit sweetener if desired) If you are adding spices or flavorings like cinnamon and vanilla also add them now. Same with chia seeds.

Cover and soak. Cover the bowl or jar with a lid or plastic wrap and let it soak overnight in the fridge. (at least 2 hours, though overnight is best).

Serve individually. Scoop out a portion (1-cup) from the bowl into a serving glass or bowl. (or you can top in jar for 1 serving sizes.) Add your favorite toppings!

Additional protein: Nut Butter: Choose your favorite nut butter and stir it in or drizzle it on top. It will provide a protein boost.

Protein Powder: Still want an even bigger protein boost? Feel free to add protein powder or collagen powder.

When stored in an airtight container in the fridge overnight oats should last for up to 5 days before toppings are added.