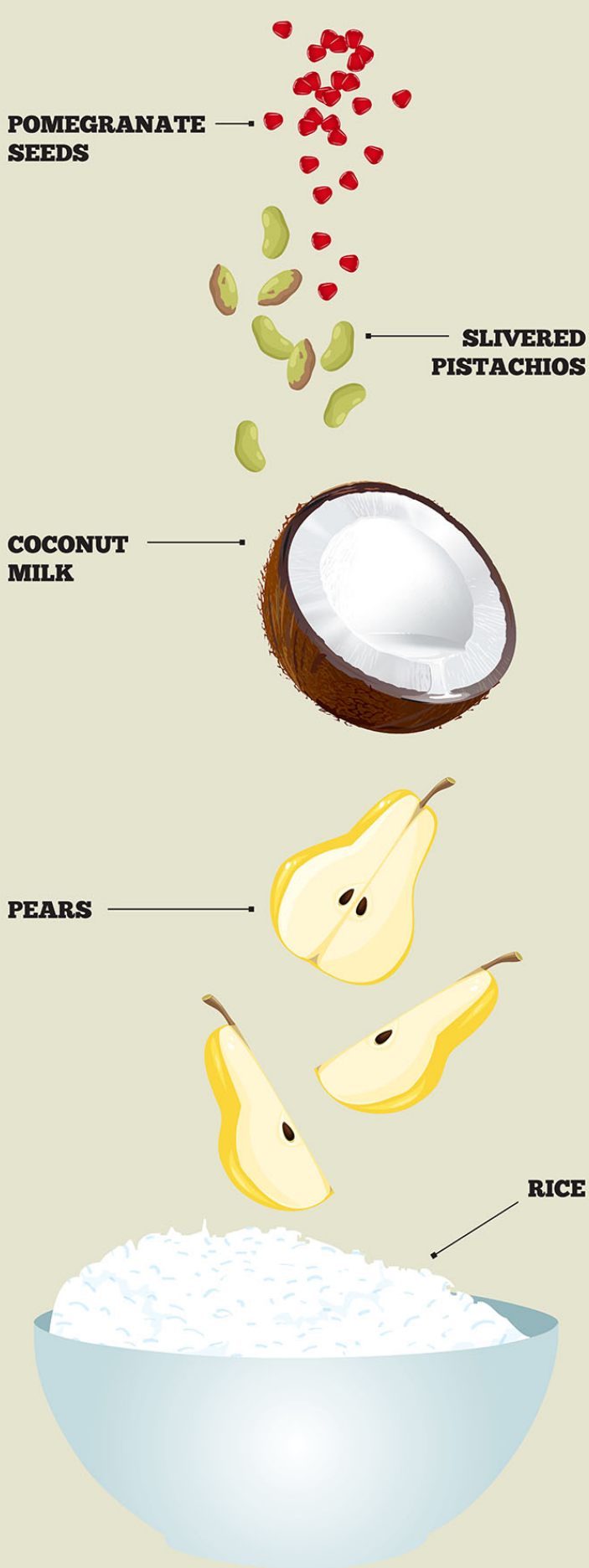


BUILD A BETTER BOWL

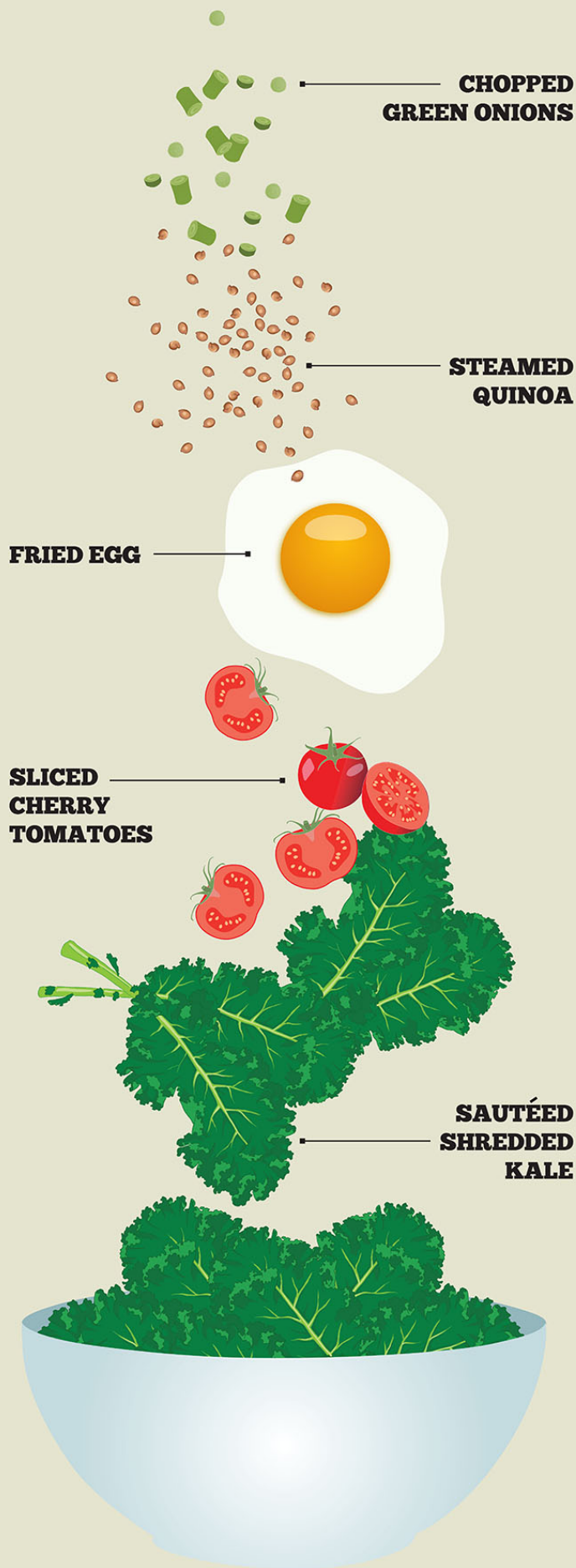
There's a reason meal bowls are all over Instagram: The mix of colourful ingredients is irresistible! These easy any-time meals are nourishing, tasty and a great way to use leftovers. Here are our favourites.

COCONUT RICE PUDDING BOWL



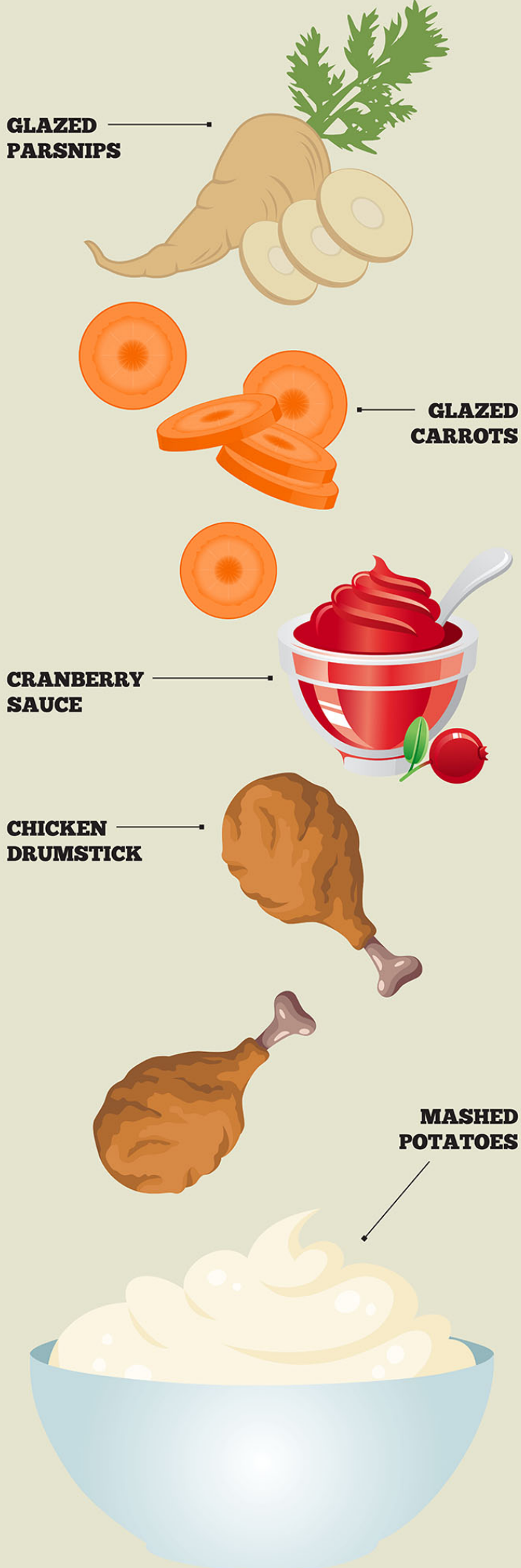
MIX IT UP Swap the white rice for wild rice boiled in milk, and use mango chunks—frozen or fresh—instead of pears.

KALE AND EGG BOWL



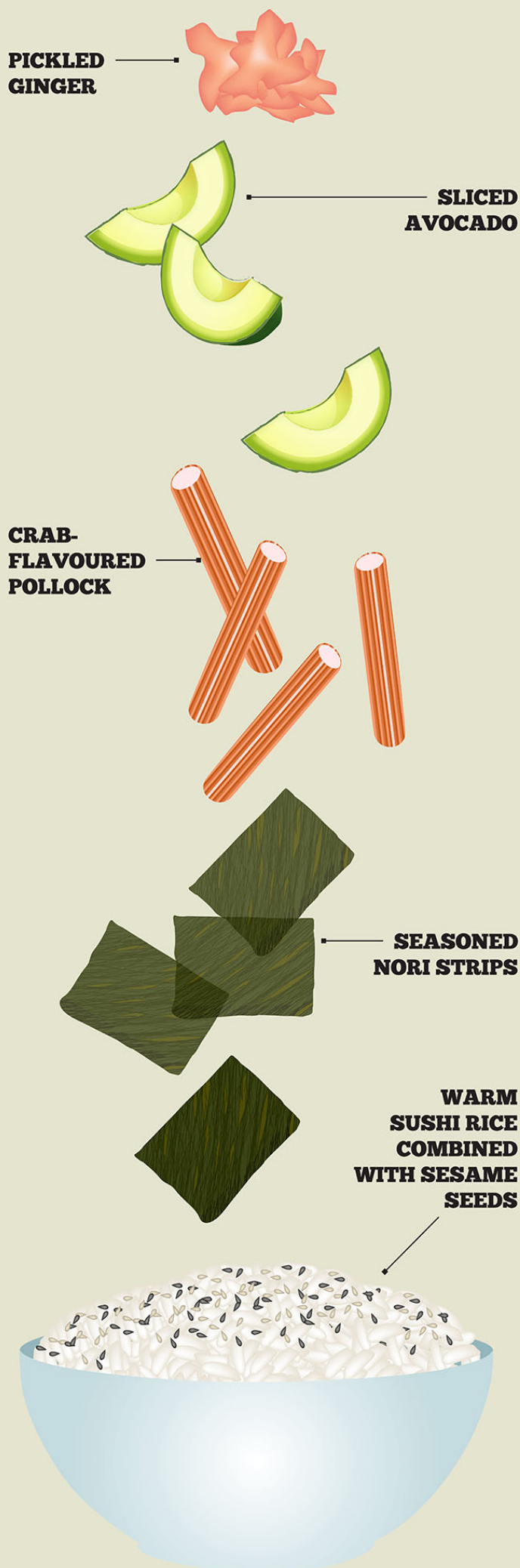
MIX IT UP Switch out the kale for baby spinach or Savoy cabbage and use couscous instead of quinoa. Add crispy bacon.

ROAST CHICKEN BOWL



MIX IT UP Try turkey drumsticks or chicken breast strips, and drizzle with jus or gravy instead of cranberry sauce.

DECONSTRUCTED SUSHI BOWL



MIX IT UP Use alternative sushi ingredients, such as cucumbers and peppers cut into matchsticks, and add soy sauce.