


Introducing your new favorite plant-based powerhouse: **The Mediterranean Harvest Bowl** — a celebration of bold flavors, vibrant colors, and nourishing ingredients that's as pleasing to the eye as it is to your taste buds.

 **The Base:** At the heart of this bowl is a generous scoop of fluffy, fiber-rich **pearled barley**, offering a hearty texture and earthy foundation for everything to shine.

 **The Stars of the Show:**

- **Crispy Falafel:** Perfectly golden on the outside, tender and herb-packed on the inside. These protein-packed bites are made from chickpeas, fresh parsley, garlic, and warming spices—pan-fried to perfection.
- **Roasted Sweet Potatoes:** Cubed and caramelized in the oven with just a touch of smoked paprika and olive oil, adding a subtle sweetness that plays beautifully with the savory elements.

 **The Garden-Fresh Toppings:**

- **Tabbouleh:** A zesty parsley and bulgur wheat salad kissed with lemon and olive oil, adding freshness and a citrusy punch.
- **Tomato & Cucumber Salad:** Diced to perfection, this duo brings coolness and crunch, bursting with juicy flavor in every bite.
- **Red Cabbage Slaw:** Shredded and lightly pickled, this adds a vibrant purple pop and a touch of tang.

 **The Creamy Finish:**

- A **generous dollop of smooth, velvety hummus**, rich in tahini and garlic, ready to be swirled through every bite for that unmistakable Mediterranean flair.

Whether you're a seasoned plant-based eater or just exploring meatless meals, this bowl checks every box: protein-packed, nutrient-dense, visually stunning, and irresistibly delicious. One bite and you'll be transported to a sun-drenched table by the sea.

✨ **Gluten-free, dairy-free, and 100% satisfying.** Fuel your day the Mediterranean way.

Hungry yet?