

YUMM BOWL RECIPE

PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES

SERVINGS: 8 PEOPLE

CALORIES: 351KCAL

AUTHOR: [PLATINGS AND PAIRINGS](#)

Learn how to make Yumm Sauce - inspired by Cafe Yumm. These vegetarian Yumm Sauce Bowls are loaded up with all the toppings and drizzled with a creamy curry & cumin spiced chickpea sauce. If you don't have time to make the sauce, you can purchase Yumm Sauce at Café Yumm, Winco or New Seasons.

INGREDIENTS

YUMM SAUCE:

- 3/4 cup canned garbanzo beans drained & rinsed
- 1/2 cup canola oil
- 1/2 cup water plus additional as needed to thin
- 1/2 cup almond flour
- 1/3 cup fresh lemon juice 3-4 lemons
- 1/3 cup silken tofu
- 1/4 cup nutritional yeast
- 2 garlic cloves crushed
- 1 1/2 teaspoons curry powder
- 1 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1 teaspoon dried cilantro
- 1/2 teaspoon mustard powder
- 1 teaspoon chipotle chili powder optional

BOWLS:

- Rice or Quinoa
- Beans
- Avocado sliced
- Tomatoes chopped
- Black olives sliced

- Cheddar cheese shredded
- Cilantro
- Greek Yogurt or Sour Cream
- Sauted baked tofu (optional protein source)
- Salsa for topping

INSTRUCTIONS

1. Add ingredients to a high-speed blender or food processor, and process until smooth. Transfer to a small bowl, cover and refrigerate until serving.
2. To assemble place about 1 cup rice in bowl, drizzle on Yumm Sauce, then top with 1/2 cup beans, avocado, tomatoes, olives, cheese, cilantro and top with greek yogurt or sour cream. Sprinkle with sesame seeds.

NOTES

Yumm sauce will store in the fridge for up to one week. It can also be frozen, but may separate. Just give it a good stir, or pop it back into your blender or use an immersion blender to process again.