



After Workout Poke Bowl

A Poke bowl is a healthy choice after a workout as it has protein, fibre, and good fats. Replace tuna with a fish with less mercury like salmon. Benefits - in fish protein are Omega-3 Fatty acids. Be aware that eating any kind of raw fish can cause foodborne illnesses like salmonella.

Traditionally Poke bowls have a bed of sticky rice below them - You can replace the rice with your favourite greens -such as arugula to make it even lower in calories. If you want to feel fuller you can use brown rice or quinoa instead of the sugary sticky rice.

Carrots are a good source of Beta-carotene which becomes Vitamin A. This is great for healthy vision.

Edamame adds not only the fibre to your Poke Bowl - But a scrumptious crunch. Macadamia nuts can also add a crunch.

Poke bowls are not only healthy but have so many textures.

Being mindful of what you eat and savouring all the textures in the Poke Bowl turn this after workout dish into a must have! Eating Healthy has never been so easy.

Ingredients:

Raw Salmon-Sushi Grade
Sliced Cucumber
Grated Red Cabbage
Edamame
Grated or Strips of Carrots
Chopped Green Onions
Healthy Base: Arugula

Dressing:

Lemons
Virgin Olive Oil

Place and arrange all the ingredients on top of the arugula. Squeeze lemon and pour the virgin olive oil over the bowl. Eat and enjoy!

Health Benefit information sourced from mamamia - click on the link to read more about healthy options for Poke Bowls <https://www.mamamia.com.au/are-poke-bowls-healthy/>