

## Vegan Lunch on the Go

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- Total Time: 10 mins
- Serves: 1

### Ingredients:

- 1 tbsp lemon juice
- 2 tbsp apple cider vinegar
- ¼ cup tahini
- 1 tsp olive oil
- 1 clove garlic
- ½ tsp cumin powder
- ¼ cup water
- ½ cup wild rice
- ¼ cup pistachios
- ¼ cup pomegranate
- ½ avocado
- 2 cups kale

### Method:

- For the vinaigrette: Put lemon juice, apple cider vinegar, tahini, olive oil, garlic, cumin powder, and water in a bowl. Mix well. Set aside.
- In a mason jar, pour in the vinaigrette and add the other ingredients such as wild rice, pistachios, pomegranate, avocado, and kale.
- Shake well when you're ready to eat. Enjoy!