



# BOWLS & FERMENTS

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Hi,

Welcome to your own personal cookbook! On the next pages you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

Looking for healthy recipes that are?

- Quick
- Simple
- Delicious

I've got you covered!

If you're like me, you enjoy a really great "Bowl of Goodness". These recipes are sure to please. There's something for every mood.

For optimal gut health, I've chosen recipes that are FREE of....

- Gluten
- Dairy
- Sugar

AND....

I added some of my favorite fermented sauerkraut recipes to add to each bowl.

Adding a tablespoon to each bowl will:

- Provide a daily dose of probiotics
- Increase digestion
- Increase bioavailable nutrients

Please enjoy and let me know which recipes are your favorite!!

XO

# Acai Bowl

3 SERVINGS 15 MINUTES



## INGREDIENTS

1/4 cup Oats  
1/4 cup Almonds (crushed)  
1 1/2 tsps Coconut Oil  
1 1/2 tsps Raw Honey  
2 Banana  
2 cups Frozen Berries  
1 cup Baby Spinach  
1 cup Unsweetened Almond Milk  
2 tbsps Ground Flax Seed  
2 tbsps Chia Seeds  
2 tbsps Acai Powder  
2 tsps Cinnamon  
1/2 cup Strawberries (sliced)  
1/2 cup Blueberries  
1 Kiwi (sliced)  
1/2 Nectarine (chopped)  
1 tbsp Hemp Seeds

## DIRECTIONS

- 01 To make granola, toast oats and crushed almonds on the stovetop at medium-low heat for about 5 minutes. Add coconut oil and honey. Stir to coat evenly for additional 2-3 minutes. Remove from heat and set aside.
- 02 Place banana, frozen berries, spinach, almond milk, ground flax seed, chia seeds, acai powder and cinnamon into a blender. Blend well until smooth.
- 03 Divide into bowls and top with strawberries, blueberries, kiwi, nectarine, hemp seeds and granola. Enjoy!

# Deconstructed Sushi Bowl copy

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 8 ozs Smoked Salmon
- 2 tsps Sesame Seeds
- 2 tbsps Vegan Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

## DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 02 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 03 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

# Mediterranean Goddess Bowl copy

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 cup Quinoa (uncooked)  
1 1/2 cups Water  
4 cups Baby Spinach  
1 tbsp Tahini  
1/4 cup Extra Virgin Olive Oil  
1/2 tsp Oregano  
1/2 tsp Black Pepper  
1/2 Lemon (juiced)  
1/4 cup Red Onion (finely diced)  
1 Cucumber (diced)  
1/2 cup Parsley (finely chopped)  
1 cup Hummus  
1 tbsp Chili Powder

## DIRECTIONS

- 01 Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
- 02 Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
- 03 In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
- 04 Divide quinoa between bowls, top with sauteed spinach, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Enjoy!

# BLT Salad Bowls

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Egg  
4 slices Organic Bacon  
4 cups Arugula  
1 cup Cherry Tomatoes (halved)  
1/2 Avocado (sliced)  
2 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
- 02 While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
- 03 To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

# Ahi Tuna Poke Bowl

4 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 cup Jasmine Rice (dry, rinsed)
- 1/4 cup Rice Vinegar
- 1/4 cup Coconut Aminos
- 1 lb Ahi Tuna (sushi-grade, sliced)
- 1 Cucumber (sliced)
- 2 Avocado (sliced)
- 1 tbsp Sesame Seeds (toasted, white and/or black)

## DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package. Stir in the rice vinegar and coconut aminos until well coated.
- 02 Divide the rice into bowls and top with the ahi tuna, cucumber, avocado and sesame seeds. Enjoy immediately!

# Summer Buddha Bowl

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/2 tbsps Tahini
- 1 1/2 tbsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Maple Syrup
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 3 cups Arugula
- 1 Carrot (large, shredded)
- 1/2 cup Strawberries (halved)
- 1 Avocado
- 1/2 cup Chickpeas (roasted)

## DIRECTIONS

- 01 Add tahini, lemon juice, extra virgin olive oil, maple syrup, water and sea salt to a blender or food processor. Blend until smooth and creamy.
- 02 Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!



# Smoked Salmon, Bacon & Pesto Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 Garlic (clove)
- 1/2 cup Basil Leaves (packed)
- 2 tbsps Nutritional Yeast
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Lemon Juice
- 1/4 tsp Sea Salt
- 8 leaves Romaine (roughly chopped)
- 1/4 cup Radishes (sliced)
- 4 slices Organic Bacon, Cooked (chopped)
- 3 1/2 ozs Smoked Salmon
- 1 tbsp Chives (chopped)

## DIRECTIONS

- 01 In a blender or food processor, add the garlic, basil, nutritional yeast, olive oil, lemon juice and sea salt. Process until smooth. Set aside.
- 02 In a bowl, add the chopped romaine. Top with radishes, bacon, smoked salmon and chives. Drizzle the pesto on top and enjoy!

# Tempeh Buddha Bowl

3 SERVINGS 30 MINUTES



## INGREDIENTS

9 ozs Tempeh (sliced into strips)  
2 tbsps Tamari  
1/4 tsp Paprika  
1 tbsp Avocado Oil  
4 cups Cauliflower Rice  
3 tbsps Tahini  
1 tbsp Maple Syrup  
2 tbsps Lemon Juice  
3 tbsps Water  
1/8 tsp Sea Salt  
6 cups Arugula  
1 Avocado (sliced)  
3 tbsps Sunflower Seeds

## DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 02 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 03 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 04 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

# Coconut Turmeric Cauliflower Bowls

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 2 cups Jasmine Rice (dry, rinsed)
- 2 cups Plain Coconut Milk (from the carton)
- 1 tsp Turmeric
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 head Cauliflower (chopped into florets)
- 1/4 cup Unsweetened Shredded Coconut
- 1/4 cup Cilantro (chopped)

## DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 While the rice cooks, heat a skillet over medium heat and add the coconut milk, turmeric, salt and black pepper. Whisk together and let simmer on low.
- 03 Once bubbles start to appear in the sauce, add the cauliflower florets and cook covered with a lid for 15 to 20 minutes, or until your desired consistency is reached.
- 04 Divide the rice between bowls. Top with the creamy cauliflower, shredded coconut and cilantro. Enjoy!

# Egg Roll in a Bowl

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 **tbps** Avocado Oil  
1 Yellow Onion (medium, diced)  
5 **stalks** Green Onion (diced)  
4 Garlic (cloves, minced)  
1 **tbsp** Ginger (peeled and grated)  
1 **lb** Lean Ground Pork  
6 **cups** Coleslaw Mix  
2 **cups** Bean Sprouts  
1/4 **cup** Coconut Aminos

## DIRECTIONS

- 01 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 02 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 03 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

# Roasted Cauliflower Burrito Bowl

4 SERVINGS 35 MINUTES



## INGREDIENTS

- 1 head Cauliflower (cut into florets)
- 1/2 tsp Cumin
- 1 tsp Chili Powder (divided)
- 1 tsp Smoked Paprika (divided)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 cups Black Beans (cooked)
- 1/2 cup Water
- 1 Avocado
- 1 Garlic (clove, minced)
- 1 tsp Lime Juice
- 1/4 cup Cilantro (finely chopped, optional)

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
- 02 While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
- 03 In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
- 04 Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

# Basic Sauerkraut

12 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 lb Green Cabbage (Cored and sliced evenly )
- 1 tbsp Non Iodized Sea Salt Or Himalayan Salt (Must be non-iodized)
- 1 tsp Caraway Seeds (Optional)

## DIRECTIONS

- 01 Gather fermenting supplies: 32oz. Mason Jar, Cutting Board, Knife, Large Mixing Bowl, Airlock & Weight (optional)
- 02 Gather ingredients and prepare them
- 03 Add the cabbage, salt and any other ingredients into the mixing bowl.
- 04 Gently massage the salt into the vegetables to draw out the water
- 05 Add a handful at time of the cabbage into the mason jar. Firmly push down the cabbage with each hand full to eliminate air space in the jar
- 06 Fill the jar until 2-3 inches from the rim.
- 07 Cover cabbage with a weight to keep submerged. A glass weight, rock or small glass jar with water can be used to push the cabbage until it is submerged under the liquid brine.
- 08 Secure the jar with an airlock if you have one. If not, tighten the lid all the way, then loosen just enough to allow CO2 to escape.
- 09 Allow to ferment for 10-14 days, may leave longer if desired.
- 10 When you are ready to eat after 10-14 days, start with 1 Tbsp a day and work your way up to 1 Tbsp with each meal.

# Miso Ginger Kraut (inspired by Kathryn Lukas)

24 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/3 ozs Mellow White Miso Paste
- 2 1/16 fl ozs Boiling Filtered Water
- 3 1/3 lbs Green Cabbage (Cored and evenly sliced into 1/4 inch slices )
- 7 1/16 ozs Carrot (shredded)
- 3 1/2 ozs Green Onion (Chopped)
- 2 1/8 ozs Fresh Ginger (Finely Diced Or Grated Peeled)

## DIRECTIONS

- 01 Gather fermenting supplies: Kitchen scale, 64oz. wide mouth Mason Jar, small bowl, Cutting Board, Knife, Large Mixing Bowl, Airlock & Weight (optional)
- 02 In a small bowl, stir together the miso and boiling water until until dissolved. Set aside to cool.
- 03 In the large mixing bowl, mix the sliced cabbage and salt. Gently massage the salt into the cabbage until it become translucent and liquid begins to release.
- 04 Add the cooled miso, carrots, green onions and ginger into the bowl and mix evenly with the cabbage.
- 05 Add a handful at time of the cabbage into the mason jar. Firmly push down the cabbage with each hand full to eliminate air space in the jar
- 06 Fill the jar until 2-3 inches from the rim
- 07 Cover cabbage with a weight to keep submerged. A glass weight, rock or small glass jar with water can be used to push the cabbage until it is submerged under the liquid brine.
- 08 Secure the jar with an airlock if you have one. If not, tighten the lid all the way, then loosen just enough to allow CO2 to escape.
- 09 Allow to ferment for 10-14 days, may leave longer if desired.
- 10 When you are ready to eat after 10-14 days, start with 1 Tbsp a day and work your way up to 1 Tbsp with each meal.

# Olykraut (Inspired by Summer Bock)

24 SERVINGS 20 MINUTES



## INGREDIENTS

- 2 1/2 lbs Green Cabbage (Cored and sliced evenly into 1/4 inch slices)
- 1/2 Medium Yellow Onion (Diced)
- 1 1/2 Carrot (Grated)
- 1/2 Grapefruit (Juice from 1/2 a large grapefruit)
- 2 1/2 tbsps Non Iodized Sea Salt (must be non-iodized)
- 1 tbsp Caraway Seeds (optional)

## DIRECTIONS

- 01 Gather fermenting supplies: 64oz. Mason Jar, Cutting Board, Knife, Large Mixing Bowl, Airlock & Weight (optional)
- 02 Gather ingredients and prepare them
- 03 Add the cabbage, salt and any other ingredients into the mixing bowl.
- 04 Gently massage the salt into the vegetables to draw out the water
- 05 Add a handful at time of the cabbage into the mason jar. Firmly push down the cabbage with each handful to eliminate air space in the jar
- 06 Fill the jar until 2-3 inches from the rim
- 07 Cover cabbage with a weight to keep submerged. A glass weight, rock or small glass jar with water can be used to push the cabbage until it is submerged under the liquid brine.
- 08 Secure the jar with an airlock if you have one. If not, tighten the lid all the way, then loosen just enough to allow CO2 to escape.
- 09 Allow to ferment for 10-14 days, may leave longer if desired.
- 10 When you are ready to eat after 10-14 days, start with 1 Tbsp a day and work your way up to 1 Tbsp with each meal.



# Curried Kraut

24 SERVINGS 20 MINUTES



## INGREDIENTS

- 3 1/2 lbs Green Cabbage (sliced evenly into 1/4 slices)
- 1 1/3 ozs Non Iodized Sea Salt Or Himalayan Salt (must be non-iodized)
- 5 1/4 ozs Carrot (shredded)
- 1 3/4 ozs Organic Raisins (chopped)
- 1 1/3 ozs Curry Powder (Organic)

## DIRECTIONS

- 01 Gather fermenting supplies: Kitchen scale, 64oz. wide mouth Mason Jar, small bowl, Cutting Board, Knife, Large Mixing Bowl, Airlock & Weight (optional)
- 02 In the large mixing bowl, mix the sliced cabbage and salt. Gently massage the salt into the cabbage until it become translucent and liquid begins to release.
- 03 Add the carrots, green onions and ginger into the bowl and mix evenly with the cabbage.
- 04 Add a handful at time of the cabbage into the mason jar. Firmly push down the cabbage with each hand full to eliminate air space in the jar.
- 05 Fill the jar until 2-3 inches from the rim.
- 06 Cover cabbage with a weight to keep submerged. A glass weight, rock or small glass jar with water can be used to push the cabbage until it is submerged under the liquid brine.
- 07 Secure the jar with an airlock if you have one. If not, tighten the lid all the way, then loosen just enough to allow CO2 to escape.
- 08 Allow to ferment for 10-14 days, may leave longer if desired.
- 09 When you are ready to eat after 10-14 days, start with 1 Tbsp a day and work your way up to 1 Tbsp with each meal.