

# — BUILD A BETTER BOWL — WITH MUSHROOMS

SAVORY, MEATY MUSHROOMS MAKE A BETTER BOWL!

Choose your craving...or mix-and-match to create  
an original mushroom masterpiece!

## CRAVING... SAVORY & SATISFYING?



Barley



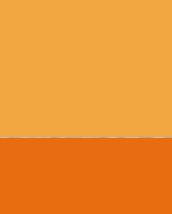
Portabella



Fried Eggs



Red Pepper  
Baby Bok



Curry Yogurt  
Tahini



## BREAKFAST POWER BOWL

## CRAVING... BRIGHT & LIGHT?



Wild Rice



Crimini



Lentils



Cabbage  
Cucumber  
Cilantro  
Green Onion



Asian-inspired  
Marinade

## MUSHROOM, LENTIL & WILD RICE BOWL

## CRAVING... BOLD & SPICY?



Bulgur



Shiitake  
& Crimini



**The Blend**  
Bison Blended  
with Chopped  
Mushrooms



Chickpeas  
Tomato  
Red Onion  
Olives  
Cucumber



Yogurt Tahini  
Sauce



## BLENDED MUSHROOM & BISON SHAWARMA BOWL

## CRAVING... SWEET & SAVORY?



White Rice



Enoki



Fried Eggs



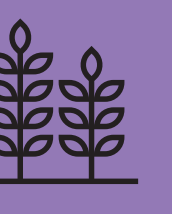
Bell Pepper  
Cucumber  
Bok Choy  
Carrots



Soy Dressing

## ENOKI BULGOGI BIBIMBAP BOWL

## CRAVING... FUN & FLAVORFUL?



Brown Rice



White Buttons



**The Blend**  
Beef Blended  
with Chopped  
Mushrooms



Tomato  
Avocado  
Lettuce  
Black Olives  
Cilantro  
Green Onion



Sour Cream



## MUSHROOM, BEEF & RICE TACO BOWL

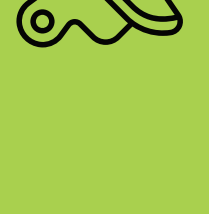
## CRAVING... FRESH & CRISP?



Farro



Shiitake



Brussels Sprouts  
Pumpkin Seeds  
Alfalfa Sprouts  
Avocado  
Parsley



Tahini Lemon  
Yogurt

## AVOCADO FARRO HARVEST BOWL



### WHAT DID YOU CREATE?

Share your bowl creations with us  
@MushroomCouncil and #MushroomMonth!