



*Sea of Colors*  
**RAINBOW CROWN CHAKRA RECIPE**

# Crown Chakra Rainbow Bowl

by Kimberly Bizjak

## Ingredients

- 3-4 Roma Tomatoes
- 1 Orange Bell Pepper
- 1 15oz can of corn
- 1 15oz can of black beans
- 1/2 purple onion
- Cilantro
- Jalapeno
- lime juice
- 2-3 cups cooked white or brown rice

## Directions

1. Dice all vegetables and place in a large bowl.
2. Drain cans of beans and corn.
3. Combine all ingredients with rice.  
Or make a rainbow layer over a bed of rice.