



# Quinoa Fruit Salad

## *Quinoa:*

1 cup quinoa (*I use red quinoa*)  
1.5 cups water  
Pinch of salt

## *Fruit:*

1 ½ cups blueberries  
1 ½ cups sliced strawberries  
1 ½ cups chopped mango  
Extra chopped mint for garnish (*optional*)

## *Honey lime dressing:*

Juice of 2 large limes  
3 tablespoons honey  
1 teaspoon avocado oil  
2 tablespoons finely chopped fresh mint

## *To make the quinoa:*

I follow Serena Wolf's method: Prepare quinoa according to package instructions but use only 1 ½ cups of liquid per cup of quinoa.

## *To make the dressing:*

In a medium bowl, whisk the lime juice, honey, avocado oil and mint together until combined.

## *To prepare:*

In a large bowl, combine quinoa, blueberries, strawberries, and mango.

Pour honey lime dressing over the fruit salad and mix until well combined.

Garnish with additional mint, if desired. Serve at room temperature or chilled.