

Strawberry & Blueberry Quinoa Salad

Prep Time: 20 minutes

Cooking Time: 0 minutes

Yields: 4 servings

Prep Notes: none

Category: Grains

Source: Inspired by Well Plated

The Ingredients

- 3/4 cup dry quinoa
- 16 ounces fresh organic strawberries
- 9 ounces fresh organic blueberries
- 1/2 cup shredded unsweetened coconut
- 1/2 sliced almonds

Dressing:

- 2 tablespoons pure grade B maple syrup
- 2 tablespoons lime juice
- 1/4 teaspoon kosher salt
- 1 drop lime essential oil (optional)
- 1 drop peppermint essential oil (optional)



Directions

- Rinse quinoa under cold water until water runs clear. Place quinoa and water in a medium saucepan. Bring to a boil, reduce to a simmer, partially cover and cook until liquid is absorbed, about 20 minutes. Set aside and let cool.
- Trim and quarter strawberries, add them, blueberries, shredded coconut and almonds.
- Pour dressing over top and mix gently.
- Place in refrigerator until ready to serve.

Dressing

- Whisk all the ingredients in a small mason jar, cover and shake to mix.

I love this quinoa fruit salad! It is refreshing and high in protein. It's perfect for breakfast, a snack and for Patriotic potluck gatherings!