

Quinoa fruit salad



35g uncooked quinoa
50g fresh raspberries
40g fresh blueberries
10 fresh mint leaves, chopped

for the dressing:

1 tbsp apple cider vinegar
a drizzle of honey (or sweetener of
your choice) to taste
juice of 1 lemon

for the topping:

1 tsp flaked almonds

SERVES 1

Cook the quinoa in a saucepan according to pack instructions. Transfer to a serving bowl and fluff up with a fork.

Mix the dressing ingredients in a jug. Taste test the dressing and add more sweetener if required.

Add the raspberries, blueberries and mint to the quinoa and stir.

Pour the dressing over the quinoa and stir to combine.

Top with the mint leaves and almonds.

Refrigerate until ready to serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:

298 Calories

43g Carbs

9g Protein

10g Fat