

A SALAD OF SORTS



- Quick and easy recipe.
- Lovely lunch recipe with so many nutrients.
- Ideal light recipe for the summer months.

Prep Time: 5 minutes

Serves: 2

Nutritional information:

- Protein: 12.2g
- Fat: 31.3g
- Carbohydrates: 53g
- Fibre: 9.9g
- Calories: 51

Ingredients:

- 100g cooked quinoa (any cooked grain will work well)
- A handful of leaves, ideally spinach
- 2 tbsp nuts, cashews
- 2 tbsp seeds
- 25g blue cheese, crumbled
- 1 apple, chopped into small pieces
- a handful of mint leaves
- Dressing
- 1 tbsp extra virgin olive oil
- 1 tbsp natural yoghurt
- juice of ½ lime
- a pinch of sea salt

Method:

1. Place the quinoa, leaves, nuts and seeds in a serving bowl and mix well.
2. Place the ingredients for the dressing in a jar with a lid and shake to combine.

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