

Quinoa Fruit Salad with Honey Lime Dressing

For the Quinoa:

1 cup quinoa I used Red
Quinoa
2 cups water
Pinch of salt

For the fruit:

1 1/2 cups blueberries
1 1/2 cups sliced strawberries
1 1/2 cups chopped mango
Extra chopped mint for
garnish-optional

For the Honey Lime Dressing:

Juice of 1 large lime
3 tablespoons honey
2 tablespoons finely chopped fresh mint

Instructions:

Using a strainer, rinse the quinoa under cold water. Add quinoa, water, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Let quinoa cool to room temperature.

To make the Honey Lime Dressing:

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

Note:

Use your favorite fruit in this salad. Blackberries, peaches, kiwi, raspberries, pineapple, grapes, etc. are great options!

Credit:

www.twopeasandtheirpod.com/quinoa-fruit-salad-with-honey-lime-dressing/



Avocado Chocolate Mousse

Ingredients:

flesh of 2 ripe avocados (240g)
1/4 cup regular cocoa powder
1/4 cup dutch cocoa OR melted
chocolate chips
3-4 tbsp milk of choice
1/2 tsp pure vanilla extract
1/8 tsp salt
sweetener of choice to taste
(ex. 1/4 cup pure maple syrup)



Instructions *You have two options for this recipe:

The version with the chocolate chips will be richer; the version with the dutch cocoa (important to use dutch) will be lower in fat and sugar.

Combine all ingredients in a blender or food processor until completely smooth. I used 3 tbsp almond milk, but if you're not using a liquid sweetener then you might want to add a little extra for a smoother consistency.

Credit:

<https://chocolatecoveredkatie.com/avocado-chocolate-mousse-vegan-healthy/>