

# CALIFORNIA QUINOA SALAD (GF)

Serves 5-6

## Ingredients

1 C quinoa  
4 TBS lime juice - from 2 limes  
2 TBS balsamic vinegar  
1 TBS honey  
1 TBS olive oil  
salt and pepper to taste  
1 mango, peeled and diced  
1 red bell pepper, diced  
2 tomatoes, diced  
1/2 red onion, diced  
1/4 C unsweetened coconut flakes  
1/4 C hemp seeds  
1/4 C golden raisins  
1 bunch chopped fresh cilantro leaves  
1 avocado, diced - right before serving



## Directions

1. In a medium saucepan, bring 2 C water and 1 C quinoa to a boil. Lower to simmer and cover for 15-18 minutes. Fluff with a fork and set aside to cool.
2. In a small bowl, whisk together lime juice, balsamic vinegar, honey, olive oil and salt and pepper to taste, set aside.
3. In a large bowl, combine quinoa, mango, bell pepper, red onion, tomatoes, coconut flakes, hemp seeds, raisins and cilantro. Pour the balsamic vinegar mixture on top of the salad and gently toss to combine.
4. Serve cold and enjoy!