

Lime and Fruit Quinoa Salad



Discover our Lime-infused Fruit and Quinoa Salad, a refreshing burst of exotic flavors and textures. A balanced combination that delights your taste buds and nourishes your body. Indulge in freshness and vitality with every bite!

Preparation 10 min

Cooking 0 min

Servings 6

Nutrition Facts (per serving)

Calories 105

Fat 1

Carbohydrates 21

Fibre 2

Protein 3

Sodium 15

Ingredients

- 750 ml (3 cups) fruit of choice, diced (FODMAP option : strawberries, grapes, blueberries, oranges)
- 500 ml (2 cups) cooked quinoa, cooled (160 ml /2/3 cup dry quinoa + 325 ml /1 1/3 cups water, see preparation)
- 15 ml (1 tbsp) maple syrup (*optional*)
- Zest and juice of a lime

Preparation

1. Rinse quinoa in a colander.
2. Place in a large microwave-safe bowl and add water.
3. Cover with a large plate. Microwave for 10 minutes on high, then let stand for 10 minutes.
4. In a large bowl, place all the ingredients. Mix well and serve cold.

Notes

Can be kept for 3 days in the refrigerator.



Chloé Hoff-Paradis – Nutritionniste Diététiste à Sherbrooke
Registered Dietitian Nutritionist in Sherbrooke