

Quinoa Fruit Salad

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-fruit-salad-recipe-with-mango-pulp>

Ingredients:

- 1 cup quinoa I used Red Quinoa
- 2 cups water
- 1 pinch salt
- 1 lime large
- 3 tablespoons honey
- 2 tablespoons chopped fresh mint finely
- 1 1/2 cups blueberries
- 1 1/2 cups strawberries sliced
- 1 1/2 cups mango chopped
- mint Extra chopped, for garnish-optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 46 grams
3. Fat: 1.5 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. Sodium: 60 milligrams
7. Sugar: 23 grams

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