



PREP TIME: 10 MIN-15 MIN



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Ingredients

- ½ cup blueberries
- ½ cup strawberries, sliced
- 1 mandarin orange, peeled and cut
- 1 cup cooked quinoa (cook quinoa according to package directions)
- ⅓ cup balsamic vinegar
- 1 cup arugula
- 1 tsp chopped mint
- 1 tbsp lime juice
- 1 tbsp honey
- Optional: sprinkle of toasted unsalted nuts or seeds of choice (pumpkin, sunflower, small, chopped almonds, etc.) for topping

Quinoa Breakfast Salad Bowl

Directions

1. Cook quinoa according to package directions and let cool.
2. In a large bowl, mix quinoa, blueberries, strawberries, oranges, balsamic vinegar, honey, lime juice and mint until properly combined.
3. Mix in the arugula.
4. Optional: When ready to serve, top with a sprinkle of toasted, chopped nuts or seeds.

Tip: Toast nuts/seeds for a smoky flavor

1. Turn on low heat under a skillet. Do not add oil. The natural oils in the nuts/seeds will be released as they begin to cook.
2. When skillet is warm, add in chopped nuts or seeds.
3. Periodically stir nuts/seeds until you begin to smell them.
4. Remove nuts/seeds from skillet and allow to cool.

Yield: 1-2 servings

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.