

SNACKS & DESSERTS

Fruit Quinoa Salad with Honey-Lime Drizzle

Makes 7 servings · about ¾ cup each

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 3 g · Fiber 3 g · Calories 130	

Ingredients

- Salad: 2 cups cooked quinoa
- Salad: 1 cup blueberries
- Salad: 1 cup strawberries
- Salad: 1 cup chopped mango
- Drizzle: ¼ cup honey
- Drizzle: juice from 1 lime
- Drizzle: 2 Tbsp finely chopped fresh mint

Directions

1. Combine the quinoa and fruit in a bowl.
2. Stir the drizzle ingredients together until combined.
3. Add the desired amount of drizzle to the salad and stir to combine.
4. Serve chilled.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Fruit Quinoa Salad with Honey-Lime Drizzle

Makes 7 servings · about $\frac{3}{4}$ cup each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 container (6 oz) blueberries (about 1 cup)
- ☐ 1 lb (16 oz) strawberries (about 3½ cups)
- ☐ 1 mango (about 1 cup chopped)
- ☐ juice from 1 lime
- ☐ 1 small bunch fresh mint

PANTRY & DRY GOODS

- ☐ 2 cups cooked quinoa

CHECK YOUR PANTRY

- ☐ Honey