

Quinoa Fruit Salad

I'm trying to eat healthier after the holidays. Trying. It's a new year, so what better time to eat healthy than now?

One of the things I'm trying to get better at is eating breakfast, and since fruit is a good choice, I figured this is a good place to start. So I bought a bunch of fruit with the intention of making a big fruit salad that I could keep in the fridge and eat for a few days or so.

I wanted something different, maybe a little bit of texture, and I had some quinoa left in my fridge. Could this be added to fruit salad? Turns out that yes, yes it can.

For a little crunch, and a bit more added protein, I tried some hemp seeds. Also a good choice. Now what to bring it together?

A simple concoction of honey, lime juice, and avocado oil seems to be the answer. It's sweet and tart, and has a fruity, floral aroma that pairs nicely with the selection of fruits I made. The amount of honey you use will depend on how sweet your fruit is and how sweet you want your salad.

I used berries because they're my favorite, some mango, and a few mandarin oranges, but you could use pretty much any fruit you like. I would have even added some avocados if the ones I had weren't rock hard, but really, whatever you like will work here. Eat it over yogurt, oatmeal, or plain. Make a big batch and store it in the fridge — it gets better as the fruit macerates in the lime juice a bit.

Ingredients:

Fruit Salad:

6 cups ripened fruit of your choice (berries, mango, pineapple, bananas), chopped into bite-sized pieces if necessary

1/2 cup cooked and cooled quinoa

1/4 cup hemp seeds

Dressing:

1/4 cup honey (more or less to taste)

2 tablespoons Ava Jane's Kitchen extra-virgin avocado oil

Juice of 1 lime

Directions:

Toss the fruit in a large bowl with the quinoa and hemp seeds. Mix well.

Whisk the dressing ingredients in a bowl until well combined. Taste and adjust the sweetness/tartness to your liking with more honey/lime juice.

Toss the fruit with the dressing and stir to coat. You can eat immediately, but it's better if you let your fruit sit for a few hours so the flavors can meld. Store in the fridge and eat within 4-5 days.