



Recipe Details

Recipe Name - Delicious Quinoa Party / Picnic Salad

Recipe Steps -

Ingredients

- 1 1/2 cups soaked quinoa (soak for 24 hours; change water every 8 to 10 hours)
- 1 1/2 cups raw corn cut off the cob (or frozen corn thawed)
- 1 1/2 cups chopped tomato of your choosing
- 1 1/2 cups apples, diced (apples of your choice)
- 1/2 cup raisins
- 1 1/2 cups diced cucumber
- 1 garlic clove
- 2 oranges
- 1 lemon
- 1 Tbsp tahini
- 2 Tbsp apple cider vinegar
- 1/4 cup Sunflower seeds
- 1/2 Tbsp tamari
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Instructions

1. place all ingredients into a large bowl
2. Toss well
3. Enjoy!



