

Avocado Quinoa Detox Salad

Ingredients:

- 1 cup cooked quinoa (cooled)
- 1 avocado, diced
- ½ cup cherry tomatoes, halved
- ¼ cup red onion, finely chopped
- 1 handful fresh cilantro
- Juice of 1 lime
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. In a mixing bowl, combine quinoa, avocado, tomatoes, onion, and cilantro.

2. In a small cup, mix lime juice, olive oil, salt, and pepper.

3. Pour dressing over the salad and gently toss.

4. Serve immediately or chill.

Health Benefits:

- Quinoa is a complete protein and supports cellular repair.
- Avocado provides healthy fats and potassium.
- Lime and cilantro support detoxification.