

## **Cucumber Mint Quinoa Salad**

### **Ingredients:**

- 1 cup cooked quinoa
- 1/2 cup chopped cucumber
- 1 tbsp fresh mint, chopped
- 1 tbsp lemon juice
- Salt to taste

### **Instructions:**

1. Toss all ingredients together and chill.
2. Serve cold for a refreshing dish.

### **Benefits:**

Cooling and hydrating, great for detox and gut health.

