

Quinoa Avocado Corn Salad

Ingredients:

- 1 cup cooked quinoa
- 1 avocado, diced
- 1/2 cup corn (fresh or frozen)
- 1/4 cup scallions, chopped
- Juice of 1 lime
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Mix all ingredients in a large bowl.
2. Serve immediately or chill.

Benefits:

Great for skin and energy, with healthy fats and vitamin B.