

Thai Quinoa Salad with Peanut Dressing

Ingredients:

- 1 cup cooked quinoa
- 1/2 cup shredded carrots
- 1/4 cup red cabbage
- 1/4 cup scallions
- 2 tbsp peanut butter
- 1 tbsp soy sauce
- 1 tbsp lime juice
- 1 tsp maple syrup

Instructions:

1. Mix salad ingredients.
2. Blend peanut butter, soy, lime, and syrup for dressing.
3. Toss together and serve.

Benefits:

High-protein and energizing, with brain-boosting healthy fats.