

## **!IMPACT Recipe Share: Quinoa Salad for Spring Detox**



An easy quinoa salad loaded with chlorophyll, protein, healthy fats, and fresh enzymes to flush out toxins and restore your body balance at the beginning of spring. Avocado transports harmful toxins right out of your body, blocks carcinogens and keeps your digestion flowing, and superfoods like matcha powder and hemp seeds add to your body's ability to detoxify and fight off damaging free radicals, relieve inflammation and purify your blood. Each of the other individual ingredients have their own detoxification and general good health benefits, as well as adding to the overall flavor of this delicious meal. Adding detox ingredients to your daily diet helps to get rid of all the negative effects on your body from the environment – industrial chemicals, pesticides, additives in your food, secondary smoke, pollutants, heavy metals and more.

### **Ingredients**

- 2 cups cooked quinoa
- 1 avocado peeled, pitted and diced
- 1 bunch fresh parsley
- 1 bunch fresh mint leaves
- 1 cup fresh spinach leaves
- 1/2 cup broccoli florets finely diced
- 1 cucumber finely diced
- 2 green onion springs diced
- 1/2 inch ginger knob grated
- 1 tbsp hemp seeds
- 1 tbsp lightly toasted mixed seeds and nuts sesame seeds, almonds, hazelnuts, cashews
- 1 tsp matcha powder
- 1 tbsp freshly squeezed lemon juice
- 2 tsp extra virgin olive oil
- 1/4 cup coconut flakes
- Pinch sea salt
- Freshly ground black pepper

### **Instructions**

1. Add all the ingredients into a large bowl, drizzle with olive oil and lemon juice, season with salt and freshly ground black pepper, toss to combine and serve.

**Prep Time =5 mins -- Total Time =5 mins -- Cuisine: Vegan**

**This recipe makes 3 servings**

**398 Calories**

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