

Blueberry Quinoa Power Bowl

Servings: **6 cups**

Prep Time: **10 min**

Cook Time: **20 min**



INGREDIENTS

Bowl Ingredients

- 1 cup uncooked quinoa
- 1 cup frozen blueberries, thawed
- 1 avocado, pitted and diced, about 1 cup
- 1 bunch watercress, leaves only, about 2 cups leaves
- 1/2 cup toasted chopped walnuts

Lemon Vinaigrette Ingredients

- 1/4 cup olive oil
- 2 Tbs. lemon juice
- 3/4 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1 tsp. lemon zest

INSTRUCTIONS

Bowl Instructions

- 1 Prepare quinoa according to package directions; cool.
- 2 Combine cooled quinoa, blueberries, avocado, watercress and walnuts.

Lemon Vinaigrette Instructions

- 1 Whisk olive oil, lemon juice, kosher salt and pepper until blended.
- 2 Stir in lemon zest.
- 3 Toss with quinoa salad until evenly coated.



Grab a
boost of
blue