

Kale, quinoa & blueberry salad with coconut dressing

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For those looking for tasty and well-balanced salads, Zoe Bingley-Pullin's yummy and simple salad ticks all boxes.

(Serves 4)

- 1 bunch kale, stem removed and roughly chopped
- 1 punnet blueberries
- 1 avocado, skin and pip removed, cubed
- 1 cup quinoa, cooked

Ingredients

Dressing

Kale, quinoa & blueberry salad with coconut dressing

- 2 tbsp coconut oil, melted
- 1 tbsp dijon mustard
- 1 tbsp apple cider vinegar
- 2 tsp honey

Method

In a large bowl gently mix all of the salad ingredients together.

In a glass jar or small bowl mix together the dressing ingredients.

These recipes are an edited extract from *Falling In Love With Food* by [Zoe Bingley-Pullin](#). \$34.95.

NEXT: Try this [rainbow salad](#) for another refreshing meal.

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