

Nourish Your Summer Practice: Coconut Quinoa Salad with Mango & Avocado

Light, cooling, and full of plant-powered goodness, this vibrant summer salad is perfect for those of us who are looking to eat mindfully and seasonally.



 [Nourish Your Summer Practice.docx](#)

 **Prep Time: 15 mins**

 **Cook Time: 15 mins**

 **Serves: 2–3**

Ingredients

 For the Salad:	 For the Dressing:
¾ cup uncooked quinoa (or ~2 cups cooked)	3 tbsp coconut milk (from a can, well-stirred)
1 ripe mango, peeled and diced	1 tbsp lime juice (or lemon juice)
1 ripe avocado, diced	1 tbsp olive oil or avocado oil
½ cup cucumber, chopped	½ tsp maple syrup or agave
¼ cup red onion or spring onions, finely chopped	Salt & pepper to taste
2 tbsp fresh mint, chopped	Pinch of chili flakes (optional)
2 tbsp fresh coriander or parsley (optional)	
2 tbsp unsweetened shredded coconut (optional)	

Instructions

1. Cook the Quinoa

Rinse the quinoa thoroughly. In a pot, combine it with 1.5 cups water. Bring to a boil, reduce to a simmer, cover, and cook for 12–15 minutes. Let cool.

2. Mix the Dressing

In a small bowl, whisk coconut milk, lime juice, oil, maple syrup, salt, and chili flakes (if using).

3. Combine the Salad

In a large bowl, toss together the cooked quinoa, mango, avocado, cucumber, red onion, mint, and herbs. Add coconut flakes if desired.

4. Toss and Chill

Drizzle with dressing and toss gently. Chill for 10 minutes or serve right away.



Serving Suggestions

This salad is lovely on its own or paired with:

- A glass of coconut water or mint-infused water
- A side of grilled veggies or tempeh
- After a gentle yoga flow or breathwork session



Yogic Tip:

Try eating this salad in **silence or mindful presence**, savouring each texture and flavour — a small act of *pratyahara* (sense withdrawal) to bring you deeper into the moment.



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Recipe created by ChatGPT, guided by yoga-aligned nutrition principles.