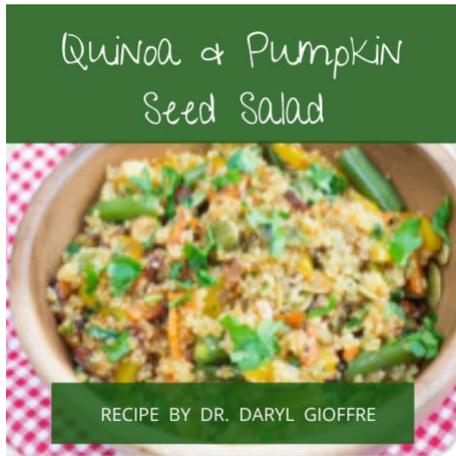


Quinoa & Pumpkin Seed Salad Recipe by Dr. Daryl



Do you feel it yet? Fall is coming.

It's not here yet, but it will be soon. That makes a recipe like this perfect for the next month or so, when we are so ready for cooler temperatures and that brisk feeling in the air, but the thermometer is not quite cooperating yet.

It's a simple quinoa salad with chives and sugar snap peas, plus the delicious fall flavor of pepitas, toasted pumpkin seeds.

It's also a great way to get lean, green alkaline protein as well as fiber. Those are two of the biggest keys to weight loss after a certain age. *For more tips on what to do about menopause weight gain, watch for my blog post on Thursday.*

Give this simple and tasty salad a try for dinner or lunch sometime soon to enjoy a little of that fall feeling – even if it's still steaming hot outside.

Let me know what you think over on [Facebook](#).

QUINOA AND PUMPKIN SEED SALAD

Ingredients [Serves 4]

1½ cups quinoa
2 cups filtered water (or yeast free vegetable broth)
1/2 lb. sugar snap peas
1/2 cup pumpkin seeds or pepitas
1/2 cup chives, minced
1/4 cup coconut oil
2 tbsp. apple cider vinegar
Pinch sea salt (Celtic Grey, Himalayan, or Redmond Salt)
Pinch black pepper



Real

Directions

In a small saucepan of boiling water, simmer the sugar snap peas for about 1 minute. Drain and spread out on a large plate to cool. Pat dry. Cut the peas on the diagonal into 1-inch pieces.

In another small saucepan, combine the quinoa with 2 cups of water (or yeast-free vegetable broth) and bring to a boil. Then lower heat, cover and continue to cook the

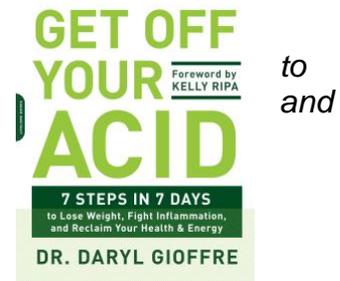
quinoa until all of the liquid has evaporated and the quinoa is tender, about 20 minutes. Uncover and fluff the quinoa, and transfer to a large bowl.

Next, add the coconut oil and apple cider vinegar and add a pinch of sea salt and black pepper to the quinoa. Then add the sugar snap peas, pumpkin seeds, and chives to the mixture and stir. Season again with sea salt and pepper as needed. Serve right away or lightly chilled.

Want more recipes like this one?

My best-selling book, [*Get Off Your Acid: 7 Steps in 7 Days Lose Weight, Fight Inflammation, and Reclaim Your Health Energy*](#), is full of recipes, tips, and ideas to take you from sluggish and in pain to healthy, energetic, and slim.

Kelly Ripa, who wrote the Foreword, had this to say:



“What I like most about Dr. Daryl’s method is that it’s not a ‘diet’ but more of a lifestyle change. There’s no counting calories or limiting portion sizes, only a new awareness of ‘alkaline eating.’ Once you learn the difference between alkaline and acidic ingredients, you will know what to eat and will be able to benefit from keeping this balance in your bodies.



“Whether your goal is to lose weight, sleep deeper, feel more rested, think more clearly, or boost your energy, this plan will get you there...”

GET OFF YOUR ACID!
Dr. Daryl

#getoffyouracid #alkalineresipes #alkamind #plantbased #pumpkin #salads
#easydinners