

## Spring-Out Quinoa

### INGREDIENTS

2 Cups Quinoa  
3 ½ Cups Water  
1 Bag Peppermint Tea  
1 Tbsp Extra Virgin Olive Oil (optional)  
Small handful Each of mint, basil, and cilantro

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### INSTRUCTIONS

#### Spring-Out Quinoa

This dish is great for spring and summer when it's hot. It's refreshing and light.

Wash quinoa if you desire. Place in water and add peppermint tea bag. Bring to a boil. Cover and simmer for 25 min. When done, add olive oil (optional) and herbs, fluff, and serve.

