

ANTONIA'S *favourite salad*

WE ASKED ONE OF OUR WELLNESS WAREHOUSE AMBASSADORS, ANTONIA DE LUCA TO GIVE US HER FAVOURITE SPRING SALAD.

QUINOA, AVOCADO & CHICKPEA **SALAD**

Serves 3 to 4

INGREDIENTS

- 2 CUPS OF COOKED QUINOA (RED OR WHITE)
- 1 TIN OF CHICKPEAS
- 1 LARGE AVOCADO, SLICED
- 1 CUCUMBER, CHOPPED
- 1 CUP OF CHERRY TOMATOES, HALVED
- JUICE OF ONE LEMON
- 2 TBSP OLIVE OIL
- ROCK SALT TO TASTE
- BLACK PEPPER TO TASTE

Toss all the ingredients together in a large bowl.



Antonia De Luca, owner and founder of Leafy Greens Café, is a vibrant passionate woman brought up as a vegetarian on the farm at Rocky Ridge, South Africa. This lovely inventive grower and recipe crafter has a wonderful hand-crated raw, and vegan friendly concept in the form of Leafy Greens; a place of health, healing and a peaceful escape paired with fresh air and outdoors. Leafy Greens is a restaurant that grows it's own produce and supplies the freshest of choices in every meal. Eat Well, Do Good! www.leafygreens.co.za