

Overnight Chai Quinoa

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Yield: 1 serving

Ingredients

1 cup cooked quinoa
1 ½ cups unsweetened almond milk
1 tablespoon ground flax seed
½ tablespoon honey
½ tablespoon pure maple syrup
¼ teaspoon vanilla extract
⅛ teaspoon cinnamon
⅛ teaspoon ground ginger
⅛ teaspoon freshly ground nutmeg
⅛ teaspoon cardamom
Pinch salt



For the garnish

1 tablespoon coconut, shredded, unsweetened
1 tablespoon hazelnuts, chopped and toasted
1 tablespoon dark chocolate chips

Method of Preparation

1. In a small bowl, combine quinoa, almond milk, flax seed, honey, maple syrup, vanilla, cinnamon, ginger, nutmeg, cardamom, and salt. Pour into a mason jar and refrigerate overnight.
2. When ready to eat, garnish with coconut, hazelnuts and chocolate chips.

Nutritional Analysis:

Calories: 520
Carbohydrates: 68 g
Sodium: 580 mg
Protein: 13 g
Total Fat: 22 g
Saturated Fat: 7 g
Fiber: 8 g

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