## Overnight Chai Quinoa

Recipe by: Audrey Sweetwood '18, BS Culinary Nutrition

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

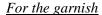
1/8 teaspoon cinnamon

1/8 teaspoon ground ginger

1/8 teaspoon freshly ground nutmeg

1/8 teaspoon cardamom

Pinch salt

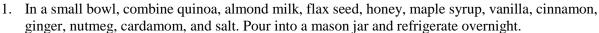


1 tablespoon coconut, shredded, unsweetened

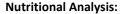
1 tablespoon hazelnuts, chopped and toasted

1 tablespoon dark chocolate chips





2. When ready to eat, garnish with coconut, hazelnuts and chocolate chips.



Calories: 520

Carbohydrates: 68 g Sodium: 580 mg Protein: 13 g Total Fat: 22 g Saturated Fat: 7 g

Fiber: 8 g



