



Quinoa Overnight Oats

2 servings
3 hours 30 minutes

Ingredients

2 tbsps Quinoa (dry)
1/2 cup Oats (rolled or quick)
1 1/2 tbsps Chia Seeds
3/4 tsp Cinnamon
1 1/4 cups Oat Milk
1 1/2 tbsps Maple Syrup
1/2 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	280
Fat	8g
Carbs	45g
Fiber	7g
Sugar	14g
Protein	8g
Cholesterol	0mg
Sodium	67mg
Potassium	479mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	310mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	1µg
Thiamine	0.1mg
Riboflavin	0.6mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	26µg
Vitamin B12	0.8µg
Phosphorous	301mg

Directions

- 1 In a small pot, cook the quinoa according to package directions. Let the quinoa cool for 10 to 15 minutes.
- 2 In a mixing bowl combine the cooked quinoa with the oats, chia seeds, and cinnamon. Stir in the oat milk, maple syrup, and vanilla extract, and mix well. Cover and refrigerate for at least three hours or overnight.
- 3 Divide between bowls or jars and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 3/4 cup.

Additional Toppings: Extra cinnamon, nut butter, or fresh fruit.

No Oat Milk: Use cow's milk or another milk alternative, like almond milk.

No Maple Syrup: Use honey or another sweetener of choice.

Likes it Less Sweet: Use less maple syrup to adjust sweetness to taste.



Magnesium	79mg
Zinc	1mg
Selenium	7µg