

OVERNIGHT QUINOA

INGREDIENTS

- 1 C Quinoa (rinsed well)
- 2 T Flaxseed meal
- 3 C Almond **OR** Rice Milk
- 4 Dates (medjool) (chopped)
- 1/4 C Raisins (Golden) **OR** almonds (chopped)
- 1 Apple (peeled) (diced)
- 2 t Cinnamon
- 1/4 t Nutmeg
- 1 t Vanilla
- 1/4 t Salt
- Non-stick cooking spray



DIRECTIONS

- 1 Spray the crock pot with the non-stick cooking spray
- 2 Place all the ingredients into a crock pot
- 3 Cook on high for 30 minutes & then at medium for the next 30 minutes
- 4 Turn the crock pot to low
- 5 After cooking for 8 hours, the quinoa should be ready to eat
- 6 If you want it thicker, then raise the heat from low to high until it's as thick as you want it

NOTE

Make this right before you go to sleep

