



Breakfast Recipe

Overnight Oats: Quinoa & Steel Cut Oats (Crockpot)

Ingredients:

- 1 ½ cup steel cut oats
- ½ cup quinoa
- 4 ½ cups almond milk
- 3 T brown sugar
- 2 T maple syrup
- ¼ teaspoon salt
- 1 ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon



Directions:

1. Spray crockpot with a non-stick spray
2. Rinse quinoa
3. Combine all ingredients into the crockpot and stir.
4. Turn heat to low.
5. Cook for six hours. (if it cooks longer it will get mushy or burnt on the edges).
6. When ready to serve, top with milk, berries & nuts.

Enjoy!