

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Vanilla Almond Overnight Quinoa

- 2 cups almond milk
- 1 cup cooked quinoa
- 1 cup almond pulp
- 8 tablespoons chia seeds
- 4 tablespoons maple syrup
- 1 teaspoon vanilla extract
- Stevia or honey to taste (optional)



1. Divide all ingredients between two large mason jars and shake or mix.
2. Place in refrigerator and let set overnight.
3. Remove and garnish with chopped almonds. Enjoy!

Prep Time: 5 minutes

Total Time: 8 hours or overnight

Yield: 4 servings

This recipe takes 5 minutes to put together, let it set overnight, and your family will have a delicious and nutritious breakfast! I double this for my family and eat any leftovers for lunch.