

OVERNIGHT CHAI LATTE QUINOA BREAKFAST BOWL

Get all the flavor of a warm cup of chai in an easy grab-and-go breakfast with our Chai Latte Overnight Quinoa.



Ingredients:

- 10 oz. Sandridge Fully Cooked Quinoa
- 5 oz. Chai Latte
- 2 oz. Protein Powder
- 3 oz. Maple Syrup
- 4 oz. Almond Milk
- 3 oz. Chia Seeds

Tastefully Balanced Nutritional Info

675 Calories | 37.8g Protein (High) | 22.5g Fiber (Excellent Source)

Nutritional Highlights (per serving — recipe serves 2)

A protein- and fiber-forward make-ahead breakfast, with a couple of considerations worth a look for

- **High in Protein:** 37.8g (76% DV) per serving, driven by the added protein powder — a strong option for residents needing extra protein at breakfast.
- **Excellent Source of Fiber:** 22.5g (80% DV) per serving, driven primarily by the chia seeds and **quinoa**.
- **Good Source of Potassium:** 707.9mg (15% DV) per serving.
- **Added Sugar Note:** roughly 33.5g total sugar per serving, a consideration for sugar-restricted or diabetic meal plans.
- **Calorie-Dense:** 675 calories per serving, well-suited as a substantial breakfast or meal-replacement portion; consider a half-portion for lighter appetites

Product	Description	Code #	Pack Size
 Sandridge® Fully Cooked Quinoa	Our fully cooked quinoa is your secret weapon for building bowls, boosting sides, and crafting crave-worthy salads in a flash. Forget the pot and water — this fluffy goodness is ready to eat, hot or cold.     	602242	5/2 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

