

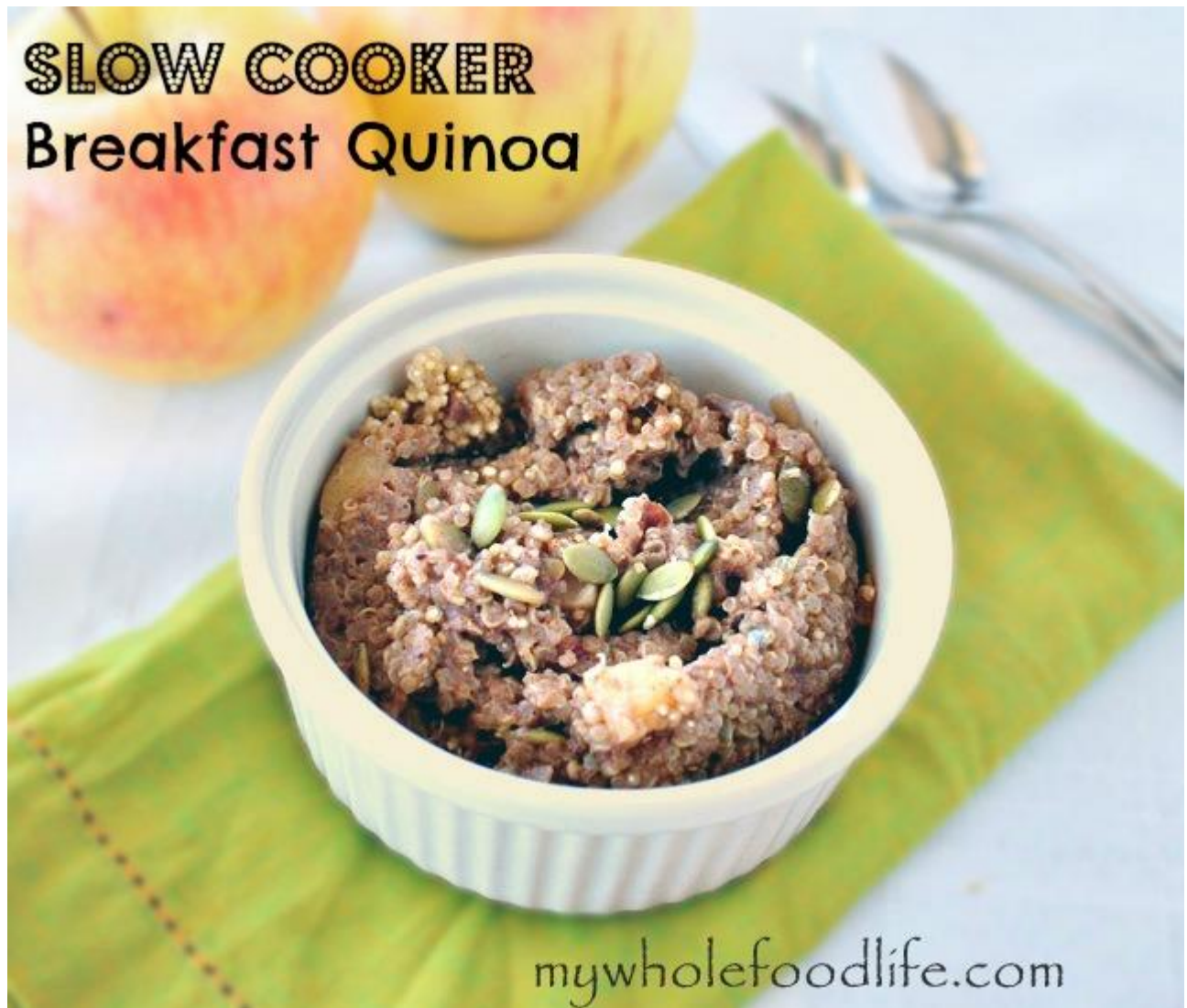
# Slow Cooker Breakfast Quinoa

Prep Time: 5 minutes

Cook Time: 2-3H

Total Time: 3 hours, 5 minutes

Yield: 5 servings



## Ingredients

- 1 cup [quinoa](#)
- 3 cups milk (I used [almond milk](#))

- 4 [medjool dates](#) chopped
- 1/4 cup [pepitas](#)
- 1 apple peeled and diced
- 2 tsp [cinnamon](#)
- 1/4 tsp [nutmeg](#)
- 1 tsp [vanilla extract](#)
- 1/4 tsp salt

## Instructions

- Throw all the ingredients in a [crock pot](#).
- Cook on high for 2 hours or until all the liquid is absorbed.
- If you want to cook it overnight, turn on the crock pot to low right before you go to bed. It should be ready by morning.

You can cook this one low for 8 hours if you want to cook it overnight. It should last a week in the fridge and can probably be frozen as well.

<http://mywholefoodlife.com/2014/01/13/slow-cooker-breakfast-quinoa>