

Trim Healthy
W I S D O M

Kefir Overnight Quinoa (E or XO)

Many people are familiar with overnight oats but not everybody can eat oats. Or some can but just want a change up now and then. Enter overnight quinoa... and make it even better for your gut by using kefir! This life-saving recipe is a delicious, trimming, gut healing, methylating, and lean mean body mass enhancing gem using quinoa for an overnight easy breakfast. It combines quinoa with kefir but keeps the density of each in mind for challenging pause seasons. It is perfectly protein-enhanced and will power your morning.

Single Serve

INGREDIENTS:

- 1/3 - 1/2 cup pre-cooked quinoa
- 3/4 cup lean *Home Fermented Kefir*
- 2 1/2 Tbs [TH Vanilla Optimized Whey Protein Powder](#)
- 2-3 tsp [TH Whole Husk Psyllium Flakes](#)
- 1 Tbs [TH Baobab Boost Powder](#)
- 1 Tbs [TH Optimized Plant Protein Powder](#)
- 1/3 cup raspberries (frozen)
- 1/3 cup blueberries (frozen)
- *Standard Toppings*

INSTRUCTIONS:

1. Combine all ingredients in a bowl or a jar, stir well, cover, and then refrigerate overnight. When ready to eat, top with your choice of *Standard Toppings*. Layering it with some sweetened 0% Greek yogurt is a fun and delicious idea!

Protein Nerd Notes:

All your Protein Nerd Level 3 requirements are fully covered here, with the combination of whey and plant proteins along with the rich protein of quinoa itself.

