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Slow Cooker

Breakfast

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CrockPot Breakfast Casserole

Spend With Pennies



8 servings



1hr 20 mins

INGREDIENTS

1 bag Frozen Hash Brown Potatoes 32 ounces
1 pound bacon, sausage or ham cooked & crumbled or diced
3 green onions sliced
8 ounces sharp cheddar cheese shredded
½ red bell pepper diced
½ green bell pepper diced
12 eggs
1 cup milk
salt and pepper to taste
1 teaspoon dry mustard



INSTRUCTIONS

1. If using bacon or sausage, cook and crumble.
2. Grease a 6qt slow cooker. Place half of the hash browns, meat, onions, cheese and peppers. Repeat layers ending with cheese,
3. Whisk eggs, milk, dry mustard and salt & pepper in a medium bowl. Pour egg mixture over the remaining ingredients.
4. Cook on low for 7-8 hours or high for 2 ½ – 3 hours.

| NUTRITIONAL INFORMATION |
|-------------------------|
| Calories 466 |
| Fat 38g |
| Protein 23g |
| Sugars 2g |
| Carbohydrates: 5g |

Overnight Slow Cooker Steel Cut Oats with Banana

Well Plated

 6 servings  8hrs 10 mins

INGREDIENTS

1.5 cups steel cut oats do not substitute quick cooking, instant, or rolled oats, gluten free if needed

4 cups water

2 cups milk any kind

2 large mashed ripe bananas plus additional banana slices for serving

3 tablespoons ground flaxseed meal

2 teaspoons pure vanilla extract

1 1/2 teaspoons ground cinnamon

1/2 teaspoon freshly grated nutmeg

1/2 teaspoon kosher salt

For serving: chopped toasted walnuts, raisins, chocolate chips, maple syrup, peanut butter, or any other mix-ins you enjoy with banana bread



INSTRUCTIONS

1. Place all of the ingredients except the toppings in the bottom of a 4-to-6-quart slow cooker and stir to combine: Steel cut oats, water, milk, mashed bananas, flaxseed meal, vanilla, cinnamon, nutmeg, and salt.
2. Cover and cook on low for 7-8 hours (overnight) or on high for 4 hours, until the oats are soft but maintain a bit of chew. Remove cover and stir to evenly combine the ingredients. Enjoy warm with desired toppings.

| NUTRITIONAL INFORMATION |
|-------------------------|
| Calories 190 |
| Fat 5g |
| Protein 7g |
| Sugars 1g |
| Carbohydrates: 28g |

Slow Cooker French Toast Casserole

Flour On My Fingers

 12 servings  3 hours

INGREDIENTS

24 ounces sandwich bread

1 cup chopped pecans

8 large eggs

2 cups whole milk

1/4 cup maple syrup

1 tablespoon vanilla extract

1 teaspoon salt

1 1/2 teaspoons cinnamon

1/4 teaspoon ground nutmeg

Topping:

- 4 tablespoons salted butter sliced
- 1/2 cup light brown sugar
- 1 teaspoon cinnamon



INSTRUCTIONS

1. Grease your slow cooker with cooking spray beforehand.
2. Cube the bread into small 1-inch cubes, and layer it with the pecans in your slow cooker.
3. In a medium mixing bowl, whisk together the eggs, milk, real maple syrup, vanilla extract, salt, cinnamon, and nutmeg.
4. Pour the egg mixture over the bread and pecans in the Crock Pot, and give it all a gentle toss. Make sure all the bread is good and soaked.
5. Mix the sliced butter, brown sugar, and cinnamon together in a small mixing bowl.
6. Crumble the cinnamon brown sugar topping over the entire casserole. It's a really moist mixture, so it's more like clumps of cinnamon brown sugar.
7. Place the lid on your slow cooker, and cook on high for 2 to 2 1/2 hours... Or you can cook it on low for 3 to 4 hours.
8. To make sure it's done, I use a meat thermometer to check the internal temperature and make sure it's up to the proper temp for eggs.
9. You can slice it and serve it with powdered sugar and/or maple syrup. Keep the rest of your casserole warm, using the "Keep Warm" setting on your slow cooker, if applicable.

NUTRITIONAL INFORMATION

Calories 371

Fat 17g

Protein 11g

Sugars 17g

Carbohydrates: 44g

Slow Cooker Peach Crisp

Crunchy Creamy Sweet

 6 servings  3 hrs 15 mins

INGREDIENTS

2 lbs peaches 5 medium (I used firmer ones - see post)

1 teaspoon pure vanilla extract

1 Tablespoon lemon juice

3 Tablespoons packed light brown sugar

Topping:

- 1 cup rolled oats (old fashioned not quick-cooking)
- 3/4 cup all-purpose flour
- 3/4 cup packed light brown sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon allspice optional but recommended
- 4 Tablespoons unsalted butter 1/2 stick



INSTRUCTIONS

1. Butter 5 to 7 quart slow cooker or spray with non-stick cooking spray.
2. Cut each peach in half, remove pit and slice into 1/2" thick slices.
3. In a large mixing bowl, toss peach slices with vanilla, lemon juice and brown sugar.
4. Arrange on the bottom of slow cooker.
5. In the same mixing bowl, stir together oats, flour, brown sugar, baking powder, baking soda, salt, cinnamon and allspice. Add butter and cut in with a fork or pastry cutter until the mixture comes together and resembles pea size clumps.
6. Sprinkle topping over peach slices.
7. Cover slow cooker and cook on HIGH setting for 3 hours. Remove lid, turn off slow cooker and let the crisp cool.
8. Serve warm with whipped cream or vanilla ice cream

| NUTRITIONAL INFORMATION |
|-------------------------|
| Calories 364 |
| Fat 9 |
| Protein 4g |
| Sugars 45g |
| Carbohydrates: 69g |

Slow Cooker Veggie Omelette

Diethood

 8 servings

 2 hrs 10 mins

INGREDIENTS

8 large eggs

1/2 cup milk or Half & Half

1/4 cup grated parmesan cheese

salt, to taste

fresh ground pepper, to taste

1/2 tablespoon dried Italian Seasoning

1/2 teaspoon garlic powder, or to taste

1/2 teaspoon chili powder, or to taste

1 cup broccoli florets

1 small red bell pepper, diced

1 small yellow onion, finely chopped

2 cloves garlic, minced

FOR GARNISH

- 1 cup shredded cheddar cheese
- cooked diced red peppers or diced tomatoes, optional
- finely diced onions, optional
- chopped fresh parsley, optional



INSTRUCTIONS

1. Lightly grease the inside of the slow cooker/crock pot with cooking spray; set aside.
2. In a large mixing bowl combine eggs, milk, parmesan, salt, black pepper, Italian Seasoning, garlic powder and chili powder; using a whisk, beat the egg mixture until thoroughly combined.
3. Add broccoli florets, diced peppers, chopped onions, and garlic to the insert of your slow cooker; stir in the prepared egg-mixture.
4. Cover and cook on HIGH for 2 hours. Start checking at 1 hour 30 minutes for doneness. Omelette is done when eggs are set. You can also cook it on LOW for 3 to 3.5 hours.
5. Sprinkle with cheese and cover; let stand 2 to 3 minutes or until cheese is melted.
6. Turn off the slow cooker.
7. Optional: Garnish with chopped peppers, tomatoes, chopped onions and fresh parsley.
8. Cut the omelette into 8 pieces and serve.

NUTRITIONAL INFORMATION

Calories 166

Fat 11g

Protein 12g

Sugars 2g

Carbohydrates: 5g