



ME Recipe: Easy Crockpot Breakfast Casserole

- 12 eggs, whisked
- 2 large sweet potatoes, shredded (4 cups total)
- 1 pound sausage, broken up
- 1 medium sweet yellow onion, diced
- 1 green pepper, diced
- 1 1/2 cups fresh mushrooms, fresh
- 1 1/2 cups fresh spinach
- 1 cup cottage cheese
- 1 tablespoon garlic powder
- 2 teaspoon dried basil
- sea salt and pepper, to taste

Directions:

1. Spray crockpot with no-calorie cooking spray or rub with a little coconut oil.
2. Shred sweet potatoes either by hand or with a food processor.
3. Add all ingredients to the crockpot and use a spoon to mix the ingredients well.
4. Place on low for 6–8 hours.
5. Top with a 2T feta or low-sodium salsa.