

Keto Crockpot Breakfast Casserole

(8 SERVINGS)

INGREDIENTS

1 cup of bacon, chopped (7-8 slices of thick cut bacon)
1 medium onion, chopped
3-4 garlic cloves, minced
1- 10 oz. bag of spinach
2 bunches of radishes, tops and stems removed, cut into quarters
1 dozen eggs
1/2 cup heavy whipping cream
1 teaspoon mustard powder
Salt & Pepper
1/4 teaspoon red pepper flakes, optional
2 cups gruyere cheese, shredded (8 oz.)
1 cup of green onions, chopped, divided
Cooking spray or butter to grease the Crockpot



DIRECTIONS

- Cook the chopped bacon in a skillet over medium heat until crispy, about 10 minutes. Transfer bacon to paper towels to drain off some of the grease. Discard most all of the bacon grease from the skillet, leaving just enough to cook the onion, garlic, and spinach.
- Place the onion and garlic in the same skillet used to cook the bacon. Sauté the onions and garlic over medium heat until soft, about 5 to 8 minutes. Then add in the spinach and cook for another 8 to 10 minutes, until the spinach is wilted and all the moisture is cooked out of it. Remove skillet from heat.
- Crack eggs into a medium-sized bowl. Whisk in heavy whipping cream, mustard powder, salt, pepper, and red pepper flakes (optional).
- Grease Crockpot with butter or cooking spray. Place the radishes in the bottom of the Crockpot followed by half the cheese (1 cup), the spinach/onion/garlic mixture, bacon, and then the remaining cheese. Pour the egg mixture over the ingredients in the Crockpot. Top with a 1/2 cup of green onions. Save the remaining green onions as a garnish once the casserole is cooked.
- Set the Crockpot on low for 7 to 8 hours or on high for 3 to 4 hours. The casserole is done when a knife inserted in the center comes out clean. Check on the casserole to avoid burning or overcooking. You can scoop the casserole right out of the Crockpot or remove the entire casserole from the Crockpot and slice to serve.
- Garnish with green onions, and feel free to add additional toppings such as sour cream, avocado, hot sauce, or more cheese! Enjoy!



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