



SLOW COOKER FRITTATA

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 4-5 hours

Serves: 6



INGREDIENTS

- 10 eggs
- 1 cup almond milk
- 2 cups shredded cooked chicken
- 1 small onion, finely diced
- 1 small diced red/green capsicum
- 1/4 cup finely sliced parsley
- 1 diced tomato
- 2 cup shredded vegan cheese
- Salt and pepper to taste
- OPTIONAL
- 1 tsp smoked paprika

METHOD

- Grease slow cooker bowl.
- Whisk eggs and milk in the slow cooker bowl.
- Add all other ingredients and stir to combine.
- Turn slow cooker onto low, and cook for 4-5 hours, until the centre is set.
- Serve hot, or slice up and have cold over the next few days, stored in the fridge.