



**25 Crockpot Meals for Breakfast: Delicious, easy, healthy Crockpot Breakfast Recipes in 3 Steps or Less (Includes no. of servings and nutritional data) (Crockpot Meals Series) (Volume 3)**

*Julie A. Anderson*

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Are you a busy mom wanting to give your family a nutritious breakfast? Hi there! This book, 25 Crockpot Meals for Breakfast, contains 25 healthy and delicious recipes that can be prepared and cooked in 3 steps or less. These crockpot breakfast recipes are actually jam packed with carbohydrates, protein, fats, vitamins, and minerals - all body and brain essentials – and are easy enough to prepare that even crock pot beginners will have no trouble at all. What happens when you always skip breakfast? You deprive your body of the nutrients it needs. Also, it can eventually lead to serious health issues like diabetes, heart diseases, high blood pressure, and many more. What do we do now? Simple. Start the day fresh and right by preparing a nutritious yet delicious meal. Now I know not all of us have the liberty of time to do that. Here are a few suggestions you may want to consider: Plan ahead of time. Make a list of what you want to have for the whole week. This can save you time and effort. You can also shop ahead of time so all ingredients will be ready at once. Get up 10 to 20 minutes early. This is enough time to make some coffee and toast. If you get a little fancy, you can make some pancakes. Prepare the ingredients at night before going to sleep. Just make sure to seal and chill them properly especially if you will be using meats. An example would be a slice of ham and vegetables you can toss into an omelet. I hope you enjoy cooking all these scrumptious dishes that are so easy and varied that you can use your crock pot everyday. Make your family and friends healthy and happy. Happy cooking! Each recipe includes number of servings and nutritional data.

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