**Slow Cooker Pumpkin Maple Cornbread**

**PREP TIME:** 10 minutes  
**COOK TIME:** 2 hours  
**TOTAL TIME:** 2 hours and 10 minutes

**Ingredients**
- 1-1/4 cup all-purpose flour
- 3/4 cup cornmeal
- 2 teaspoons baking powder
- 1/8 teaspoon salt
- 1/3 cup unsalted butter melted
- 3 Tablespoons maple syrup
- 1 large egg lightly whisked
- 2/3 cup pure pumpkin puree NOT pumpkin pie filling
- 3/4 cup + 2 Tablespoons buttermilk

**Instructions**
1. Line the slow cooker with aluminum foil. Spray the foil with non-stick cooking spray.
2. In a medium bowl, whisk together the flour, cornmeal, baking powder, and salt. In a large bowl, whisk together the melted butter with maple syrup. Beat in egg until incorporated. Whisk in pumpkin puree and then the buttermilk.
3. Slowly add dry ingredients to wet ingredients and stir until just combined (do not overmix - it is okay to see a small amount of flour)
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5. Pour batter into the lined slow cooker and smooth down with an offset spatula. Place lid on top.
6. Cook on low for 3 - 1/2 to 4 hours or on high for 1.5 - 2 hours or until edges are golden and a toothpick inserted into the center comes out clean.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Slow Cooker Pumpkin Maple Cornbread</th>
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</thead>
<tbody>
<tr>
<td>Amount Per Serving (1 serving)</td>
</tr>
<tr>
<td>Calories 307</td>
</tr>
<tr>
<td>Calories from Fat 144</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Fat 16g</td>
</tr>
<tr>
<td>Saturated Fat 9g</td>
</tr>
<tr>
<td>Cholesterol 74mg</td>
</tr>
<tr>
<td>Sodium 122mg</td>
</tr>
<tr>
<td>Potassium 402mg</td>
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<tr>
<td>Carbohydrates 35g</td>
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<tr>
<td>Fiber 3g</td>
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<tr>
<td>Sugar 10g</td>
</tr>
<tr>
<td>Protein 6g</td>
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<tr>
<td>Vitamin A 5585IU</td>
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<tr>
<td>Vitamin C 1.4mg</td>
</tr>
<tr>
<td>Calcium 148mg</td>
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<tr>
<td>Iron 1.8mg</td>
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Slow Cooker Garlic Parmesan Potatoes

Yield: 6 servings
Prep Time: 10 minutes
Cook Time: 4 hours
Total Time: 4 hours and 10 minutes

Ingredients
- 3 pounds baby Dutch yellow potatoes, halved
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 4 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried dill
- Kosher salt and freshly ground black pepper, to taste
- 1/4 cup freshly grated Parmesan
- 2 tablespoons chopped fresh parsley leaves

Instructions
1. Lightly coat the inside of a slow cooker with nonstick spray. Place potatoes into the slow cooker. Stir in olive oil, butter, garlic, oregano, basil and dill, and gently toss to combine; season with salt and pepper, to taste.
2. Cover and cook on low heat for 4 - 5 hours or high heat for 2 - 3 hours, or until tender.*
3. Serve immediately, sprinkled with Parmesan and garnished with parsley, if desired.

Nutrition Facts
Servings: 6

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 280</th>
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<tbody>
<tr>
<td>% Daily Value*</td>
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<tr>
<td>Total Fat 8.9g</td>
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<tr>
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<tr>
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<tr>
<td>Dietary Fiber 4.2g</td>
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<tr>
<td>Total Sugars 3.3g</td>
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<tr>
<td>Protein 5.5g</td>
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</tbody>
</table>

*Nutritional values may vary based on ingredients used.

Vitamins and Minerals
- Vitamin D 3mcg 13%
- Calcium 31mg 2%
- Iron 2mg 10%
- Potassium 1257mg 27%