Sweet Hawaiian Crock Pot Chicken

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Serves 4

Blue - 1 point

Purple - 1 point

Green - 4 points

- 1 pound boneless (skinless chicken breast, cut into chunks)
- 1 20 oz can crushed pineapple (drained, juice reserved)
- ½ cup reserved pineapple
- 3 Tbsp low sodium soy sauce
- ¼ cup zero calorie brown sugar alternative (I use Surkin Gold)
- 1. Place chicken in a slow cooker that has been sprayed with non stick spray.
- 2. Mix remaining ingredient in a bowl.
- 3. Pour over chicken, stir to combine.
- 4. Cook on low for 6-8 hours.
- 5. I plan on serving mine over rice.