

# Easy Vegan Breakfast Burrito



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PREP TIME

5 mins

COOK TIME

8 mins



COURSE

Breakfast, Gluten Free



SERVINGS

1 serving

CALORIES

459 kcal

## INGREDIENTS

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- 1 Mission Low Carb Tortilla
- 6 Tbsp Just Egg liquid egg
- 1 c pre-cooked broccoli (or any leftover veggie you have)
- $\frac{1}{4}$  c Fat Free Refried Beans
- 21 g Violife Vegan Cheese Shreds
- 3 Tbsp salsa of your choice
- 30 g avocado

## INSTRUCTIONS

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1. In a pre-heated skillet with a little cooking spray over medium heat, add your Just Egg to the pan. Dump your veggies on top of it.
2. DO NOT TOUCH IT until it starts to bubble, look dry around the edges and pull away slightly at the sides. At this point, use a spatula to fold it up like an omelet.
3. Spread the refried beans on your tortilla with a spoon.
4. Add your "omelet", your cheese, your salsa and your avocado.
5. Fold the burrito up, being sure to tuck in the sides as you fold.

6. Place the burrito, seam side down, back in the skillet and cook over medium heat for 2-3 minutes. Flip and cook for another 2-3 minutes. Enjoy!

## NUTRITION

### Nutrition Facts

Easy Vegan Breakfast Burrito

**Amount Per Serving**

<b>Calories</b>	459	Calories from Fat	194
<b>% Daily Value*</b>			
<b>Fat</b>	21.5g	<b>33%</b>	
<b>Carbohydrates</b>	46.6g	<b>16%</b>	
<b>Protein</b>	21.2g	<b>42%</b>	

\* Percent Daily Values are based on a 2000 calorie diet.

**Tried this recipe?**

Let us know how it was!