

Easy Vegan Breakfast Burrito



PREP TIME

5 mins

COOK TIME

8 mins



COURSE

Breakfast, Gluten Free



SERVINGS

1 serving

CALORIES

459 kcal

INGREDIENTS

- 1 Mission Low Carb Tortilla
- 6 Tbsp Just Egg liquid egg
- 1 c pre-cooked broccoli (or any leftover veggie you have)
- ¼ c Fat Free Refried Beans
- 21 g Violife Vegan Cheese Shreds
- 3 Tbsp salsa of your choice
- 30 g avocado

INSTRUCTIONS

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	
Calories 459	Calories from Fat 194
% Daily Value*	
Fat 21.5g	33%
Carbohydrates 46.6g	16%
Protein 21.2g	42%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!