

Sunrise Egg Burrito

1 Serving



What you need:

2 large eggs

1 whole wheat tortilla

1 Tbsp salsa

1 Tbsp shredded cheese

Excellent addition: Add 2 Tbsp canned refried beans for extra fiber, protein and complex carbohydrate.

All you do:

1. Beat the eggs in a small microwave-safe bowl.

2. In the microwave, cook the eggs on high for one minute, then stir.

If eggs are not yet set, microwave for another 30 seconds. When finished the eggs should not be runny.

3. Place the tortilla on a plate and heat for 30 seconds in the microwave.

4. Wrap up the eggs and other ingredients in the tortilla and enjoy!

5. Complete your healthy breakfast with a glass of low fat milk and a piece of fruit.

Nutrition Information per burrito: 290 calories, 13 g total fat, 5 g saturated fat, 32 g carbohydrate, 3 g dietary fiber, 10 g protein