

Breakfast Burrito

Serves 1

- 2 small sprouted grain or whole grain tortillas
- 2 eggs scrambled
- medium to hot salsa to taste
- 1 teaspoon olive oil
- 1 T. finely chopped green onions
- 1/2 small green pepper finely chopped
- 2 slices avocado
- 2 T. finely chopped cilantro
- 1/4 teaspoon salt
- pepper to taste

385 calories

Preheat your oven to 375 degrees, slice the avocado and take out your salsa. There are so many great brands of fresh salsa in the refrigerator section of the grocery store, there's no need to make your own.

Heat the oil in a frying pan while you are chopping the onions, pepper and cilantro. Sauté the onions and green pepper in the oil over medium heat for 5 minutes. While the onions are cooking beat the eggs with the salt and pepper. Put the tortillas in the oven directly on the shelf to get warm and set a timer for 5 minutes. Add the eggs to the pan and stir with a wooden spoon until the eggs are cooked through.

Take the tortillas out and put them on your plate. Spoon the egg mixture onto each tortilla, top with salsa, 1 slice of avocado and a half the cilantro. Spread it out but leave room at the ends, roll it up and enjoy! It's messy but super delicious. This is a very filling breakfast (or lunch) and goes well with a few fresh orange quarters.