

## EGG BREAKFAST BURRITOS

MAKES 4 / PREPARE 20 MINS / COOK 15 MINS

### Ingredients

4	Wholemeal tortilla wraps	Handful	Chopped
200g	Cooked brown rice (optional)		coriander leaves
50g	Baby spinach	1	Chopped/Mashed avocado
100g	Chopped tomatoes	100ml	Plain Yogurt
6	Eggs	2	Limes
2 tsp	Rapeseed Oil		Salt & pepper
200g	Grated Monterey Jack or cheddar cheese		

### Instructions

Preheat your oven to 180C.

Chopped the tomatoes, wash and drain the baby spinach leaves and grate the cheese.

Mash the avocado with a squeeze of lime juice to prevent it from turning black and adding a little zing to it.

Beat the eggs in a bowl until combined but not completely homogenous. Season to taste. Heat up the oil in a non-stick frying pan and cook the eggs on a medium heat until cooked but not dry. Stir frequently so the eggs cook evenly.

While you are cooking the eggs, put your tortillas in the oven to warm up.

Spread a couple of tablespoons of the rice (if using) in middle of each tortilla, add some spinach, chopped tomatoes, a layer of avocado, a sprinkle of cheese and a little yogurt if you like. Finish with some chopped coriander.

Roll your burrito by folding up the bottom of the tortilla to cover the filling. Now fold in the sides (about 2cms each) to ensure the filling doesn't come out and roll up the bottom of the tortilla until you get a perfect burrito. Serve with some lime wedges.

Serve with lime.



### Nutrifacts



Complex carbohydrates like those in **WHOLEMEAL TORTILLA FLOUR** help maintain our energy levels stable as energy from these foods is released slowly.

**Eggs** contain **PROTEIN** to help your body heal and grow. Protein also helps slow down sugar absorption which, in turn, smooths blood sugar levels. Additionally, eggs contain **VITAMIN A** that supports vision and healthy skin as well as riboflavin that promotes normal growth and **VITAMIN B12** that supports red blood cell health.

**Cheese** as most dairy products is high in **CALCIUM** which is necessary to maintain healthy teeth and bones. Non-organic dairy may contain antibiotics and hormones that can interfere with our metabolism.

**Tomatoes** are high in **FIBRE** that maintain a healthy digestive system and keeps us fuller for longer, **VITAMIN C**, an antioxidant that protects our bodies from the damage generated by free-radicals and helps support our immune system, and the carotenoid **LUTEIN** that gives tomatoes their bright red colour and is an antioxidant that research shows may help maintain eye health and **LYCOPENE** which helps prevent certain cancers.