



Avocado Breakfast Burritos

Makes 2 servings | Serving size: 1 burrito

PREP TIME

5 min

COOK TIME

10 min

TOTAL TIME

15 min

These creamy breakfast burritos are gonna be a hit. Loaded with delicious, Southwest flavor, they provide fiber and protein to keep you full 'til lunch. Plus, the avocados are an excellent source of healthy fats!

Ingredients

- 2 eggs
- 2 tablespoons milk
- 2 whole wheat tortillas
- ½ avocado, thinly sliced
- ¼ cup black beans
- ¼ cup pepper jack cheese
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- Salsa (optional)



Directions

1. Cut avocado into thin slices.
2. In a small bowl, whisk together the eggs and milk.
3. Cook the eggs in a non-stick pan over medium-high heat.
4. Layer ingredients in the whole wheat tortillas.
5. Divide the avocado, eggs, beans, and cheese between the two.
6. Sprinkle with salt and pepper.
7. Roll up each burrito, then place back in the non-stick pan over medium heat, turning until crispy.
8. Top with salsa, if desired.