



# Recipes

## Breakfast burrito

Level: Easy

Time to make: 10-15 minutes

Cost: Around 60p per burrito

### Ingredients

- Wraps\*
- 1 egg
- 3 cherry tomatoes, washed and sliced
- Handful spinach or lettuce, washed
- Half an avocado, sliced (optional)
- Pinch of chilli flakes or chipotle paste (optional)

### Steps to making the dish

1. Scramble the eggs or cook as an omelette, adding the tomatoes and spinach to the pan for the last couple of minutes along with the pinch of chilli flakes or chipotle (optional).
2. Place the wrap\* on a plate and add the scrambled egg mixture.
3. Top with the sliced avocado and lettuce (if using).
4. Roll up the wrap\* and eat!

### Tips!

- Use wholemeal wraps to add fibre to your breakfast and make you feel fuller for the rest of the day.
- You can use any fillings that you like.
- You can buy frozen avocado and just use what you need.
- Children will love to get creative with this; let them design their own version for a quick breakfast on the go burrito.
- Eat hot or cold.

\*May contain or is one of 14 common allergens