



# BREAKFAST BURRITO

## Ingredients:

- 1 Whole Wheat Tortilla
- 2 Eggs
- ¼ Cup Spinach
- ¼ Cup Diced Tomatoes
- 1oz low-fat cheese
- ¼ Cup Avocado

## Directions

Take the two eggs and scramble them. Lay the tortilla flat on a plate. Put the scrambled eggs, spinach, tomatoes, cheese, and avocado on top of the tortilla and roll it up, sealing both sides.



ALWAYS wash fruits and veggies when preparing for cooking or eating. When cutting, dicing, peeling, slicing and using the stove - ALWAYS get your parents' help or permission.



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