



*Power
Breakfast:
Green Egg
Burrito*

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Power Breakfast: Green Egg Burrito

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TIME: 10 minutes

SERVINGS: 1 servings, double the recipe as desired

CATEGORY: Entrée, Breakfast

CALORIES: Approx. 400

INGREDIENTS

- 1/2 tbsp. butter (or other healthy fat)
- 2 eggs (prefer organic, free range)
- 1 tbsp. pureed greens, or fresh greens (amount to your liking)
- 4 tbsp. feta (approx 2 oz), crumbled
- 1/4 tsp. salt
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. turmeric powder
- 1 tortilla (Our family just recently discovered Siete brand almond flour tortillas, and we love them! We've found them at our local Whole Foods and Fresh Thyme)

INSTRUCTIONS

1. Melt butter over medium low heat. Crack eggs into skillet and add frozen greens.
2. Add feta, salt, garlic, onion, turmeric to the eggs. Stir to mix all ingredients.
3. Continue to stir until eggs are fully cooked (no liquid left in the pan) or to you desired consistency. The frequency of your stirring will impact the final texture: the more frequent stirring, the more broken up the eggs are (I prefer this texture) vs. the less frequent you stir, the larger the chunks of eggs will be in the final burrito.

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4. Depending on the type of tortilla you use, you may want to briefly warm the tortilla to prevent it from cracking when rolling it and eating. I like to warm my tortilla by turning the stovetop off and placing the tortilla on top of the eggs after they've finished cooking while I assemble my plate.
5. Assemble burrito on plate and enjoy!

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