



# Breakfast Burrito



prep time  
10 minutes



total time  
35 minutes



servings  
2

## Ingredients

- 2 eggs large ~ 2 servings of protein, 2/3 servings of fat
- 1 tsp ghee melted, sub: melted coconut oil for 100% dairy-free ~ 1/3 serving of fat
- 1 tbsp water
- 1/4 cup arrowroot powder ~ 1.5 carb servings
- 1 tsp coconut flour (negligible)
- Pinch sea salt
- Burrito filling options:  
Cooked Protein of choice (i.e. ground meat, shredded meat, tofu, etc.), diced peppers/ onions/mushrooms, beans, cheese, leafy greens, avocado

## Instructions

- 1 Crack the eggs into a medium-sized bowl and whisk in the melted ghee and water.
- 2 Add the dry ingredients—arrowroot, coconut flour and salt—and beat well to combine.
- 3 In a small skillet (8") over medium heat, pour in about 1/3 of the batter and immediately roll it around to evenly coat the bottom. The tortilla should start to pull away from the edges as it cooks.
- 4 Cook for 1 minute on each side.
- 5 If saving for later, cool completely and store in a plastic bag or airtight glasslock container. You can double, triple, quadruple this recipe to

make a much larger batch for later. If you are warming up later, you can put them in the microwave for 10 seconds or even warm them on a skillet for a few seconds.

- 6 Fill your wrap with your fillings of choice and enjoy!



Whole Recipe Breakdown:

2 Servings Protein  
1.5 Servings Carb  
1 Servings Fat  
0 Servings Veggies