



Breakfast Burrito

INGREDIENTS

- 1 Ole Xtreme Wellness high-fiber wrap
- 2 large eggs, scrambled
- 2 slices Canadian Bacon
- 1 Velveeta slice, cut into strips
- 1 tsp yellow mustard (optional)
- 2 tsp hot sauce (optional)

NUTRITION FACTS

Servings: 1

Amount Per Serving

- Calories 283
- Total Fat 15 g
- Saturated Fat 5 g
- Cholesterol 397 mg
- Sodium 1216 mg
- Carbohydrate 22 g
- Dietary Fiber 11 g
- Sugars 3 g
- Protein 28 g
- myWW Blue: 3
- myWW Purple: 3
- myWW Green: 7

DIRECTIONS

1. Add mustard to bottom of wrap.
2. Spread eggs onto center of wrap.
3. Top with Canadian bacon.
4. Top with cheese.
5. Tuck sides in and roll up burrito style.
6. If using for meal prep, wrap in plastic wrap. To heat, remove from plastic wrap, wrap in paper towel and heat in the microwave for approximately one minute. Add hot sauce, if desired.

This recipe can be found at:

<https://planningushealthy.com/breakfast-burrito>

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