

Breakfast Burritos From: Raeanna Moore 8/6/2019

I love breakfast burritos but they can be very unhealthy. I have found a healthier way to make them and they are just as delicious. This makes 2 breakfast burritos each for 2 people.



Ingredients:

- 4 Large eggs
- Skim Milk
- Non-stick cooking spray
- 1 C. Jimmy Dean Turkey Sausage Crumbles
- 4 Tumaros or Extreme Wellness Tortillas
- 2 Velveeta Cheese Slices
- Salsa

Directions:

Scramble 4 eggs using skim milk and spraying the pan with non-stick cooking spray. Heat up 1 cup of Jimmy Dean Turkey Sausage Crumbles. Once these are ready, heat up either a Tumaros or Extreme Wellness tortilla by setting over the flame on your stove for about 10 seconds on each side. Put the tortilla on your plate, add sausage and eggs. Tear a Velveeta cheese slice in half and put it on top of your sausage and eggs. Cook in the microwave for approximately 20 seconds to make the cheese melty. Remove from microwave - add salsa (most is non-fat) - roll up your burrito and enjoy!