

Breakfast Egg Burritos with Salsa and Black Beans

Serves 2

4 eggs
1 tbsp whole milk or milk alternative
1 tsp olive oil or coconut oil
1/3 cup aged raw milk cheddar or dairy-free pepper jack or cheddar cheese, shredded
2 tbsp chopped fresh cilantro
4 tbsp black beans
4 lettuce leaves
4 tbsp fermented salsa*
2 large whole wheat flour tortillas or gluten free wraps

Beat the eggs, coconut milk, sea salt and black pepper. Heat a small frying pan and add oil. Pour in the egg mixture and scramble. Add dairy-free cheese just as the eggs finish cooking. Set aside. Lay one of the tortilla wraps on a plate. Spoon half the egg mixture down centre of the tortilla. Add 2 tbsp salsa, 2 tbsp black beans, 1 tbsp cilantro and top with lettuce leaves. Fold the side of the tortilla furthest from you toward the centre and then roll up the tortilla from one side to the other. Serve.

*if you cannot make the fermented salsa, use your favourite brand of salsa or make you own traditional style salsa