

Breakfast Burritos – Adapted from the Taste of Home Diabetic Cookbook, original recipe submitted by Wendy G. Ball

6 servings

1 Package of Olé Mexican Foods Xtreme Wellness! High Fiber Tortilla Wraps
1 lb. bacon
3 eggs
4 egg whites
1 Tbsp olive oil
2 cups of fresh chopped spinach
1 tomato
1 minced garlic clove
¼ tsp pepper

Directions:

Cut the bacon into pieces and cook. Drain.

In a small bowl, whisk eggs and egg whites until blended and cook in a bit of the bacon grease over a medium heat. Remove from the skillet and wipe it clean. Heat oil over medium-high heat. Add spinach, tomatoes, and garlic; cook for 2-3 minutes or until the spinach is wilted.

Stir in the bacon and eggs, and heat through. Sprinkle with pepper. Spoon 2/3 cups of burrito filling across the center of each warmed tortilla. Fold one side over, fold over two ends, and roll.



Shopping List – Breakfast Burritos

- Olé Mexican Foods Xtreme Wellness! High Fiber Tortilla Wraps
- 1 lb. bacon
- 7 eggs
- olive oil
- Tomato
- Spinach
- Minced garlic clove
- Pepper