

## *Breakfast Burritos (Whole 30)*

### *Wrap Ingredients:*

- 6 large eggs, beaten
- 1 cup almond milk
- 6 Tbsp coconut flour
- ½ cup arrowroot powder
- 2 Tbsp melted ghee
- ½ tsp salt
- ghee for the pan

### *Instructions:*

- Heat 8 inch pan to medium high heat.
- In a blender, mix together all ingredients until well combined.
- Let batter sit for 10 minutes and mix again.
- Melt a small amount of ghee and spread on the pan (do this between each tortilla)
- Ladle ¼ cup batter onto the pan and spread quickly by lifting and swirling the pan around with your wrist.
- Fill in any holes with extra batter.
- Cook for 30-45 seconds until sides start to lift.
- Loosen with rubber spatula and carefully flip.
- Cook for 30 seconds on the other side.
- Place on a plate to cool while repeating the steps until all batter is used.
- Let tortillas cool while you make the filling.

### *Burrito Filling:*

- ½ red pepper, diced
- ¼ red onion, peeled and diced
- 7 eggs, beaten

### *Instructions*

- Heat a medium skillet to medium heat, add 1 Tbsp olive oil and sauté red pepper and red onion until softened. Add the eggs and move with a rubber spatula until all of the eggs have cooked through. Season with salt and pepper as you go. Let egg mixture cool.
- Place one tortilla on a plate and fill with ¼ cup of egg filling. Tuck the sides and roll up, ending seam side down. Wrap in foil and repeat until all of the burritos are assembled. Put all burritos in a ziplock bag and freeze.

*Note:* To reheat, leave in the foil and bake in the oven at 350 degrees F until warmed through.