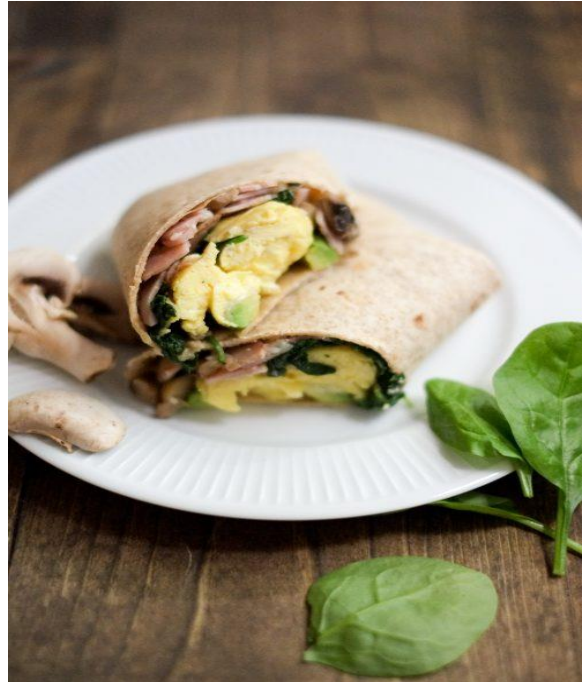


Start Your Morning Right Breakfast Burritos

Ingredients

- 6 whole grain tortillas
- 16 ounce ham
- 4 cup spinach
- 2 cup, pieces or slices mushrooms, white
- 1/2 teaspoon garlic powder
- 10 large egg
- 1 cup mozzarella cheese, shredded
- 2 medium avocados
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper, ground
- 1/2 cup salsa



Instructions

Spray a large skillet with your choice of cooking spray and place over medium-high heat. Add ham, spinach, mushrooms, and garlic powder. Saute until spinach is wilted and mushrooms are soft. Scoop everything out into a dish to save for later.

Re-apply cooking spray and pour in whisked egg mixture. Cook until eggs are no longer runny and season with salt and pepper to taste.

Lay out six tortillas and divide the ham-mushroom mixture evenly among them, then do the same with the eggs.

Top each tortilla stack with a small handful of mozzarella cheese and some slices of avocado.

Fold up tortillas and serve warm with salsa or hot sauce

Recipe from Super Healthy Kids