Breakfast Burritos

Short on time in the morning? Prep these burritos and freeze for a quick and tasty morning meal option.

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<th>PREP TIME</th>
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<th>SERVINGS</th>
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<td>5 mins</td>
<td>20 mins</td>
<td>6</td>
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**INGREDIENTS**

- 6- 8" tortillas (corn or whole wheat)
- 1 Tbsp oil (vegetable, canola, olive)
- 1 cup veggies, diced (fresh or frozen)
- 6 large eggs
- 1 1/2 cup canned beans (black or pinto)
- Hot sauce
- 1/2 cup salsa
- 1 cup cheese, shredded

**OPTIONAL:**

- 1/2 cup cilantro, chopped
- 1/2 cup green onion, chopped

**INSTRUCTIONS**

1. Crack eggs into medium bowl and whisk well with fork. Add hot sauce and beans and mix.
2. In a large skillet, heat oil over medium heat (about 1 minute). Add vegetables and cook for 2-4 minutes, or until softened.
3. Pour egg and bean mixture into pan and cook, stirring often, until eggs are just set (around 3-4 minutes). Remove from heat.
4. Lay out tortilla on plate. Spread 1 Tbsp salsa and top with 1/6 of the egg mixture. Sprinkle with cheese and add additional salsa on top. If desired, sprinkle with cilantro and green onion.
5. Wrap burrito and repeat step 4 with additional tortillas.
6. Once burritos have cooled to room temperature (around 15-20 minutes), wrap each burrito in plastic wrap or aluminium foil. Transfer to a freezer-safe bag and seal, removing any extra air. Store burritos in freezer up to 3 months.
7. To reheat frozen burrito, unwrap from plastic wrap/aluminum foil and re-wrap in a damp paper towel. Heat in microwave for 2 to 3 minutes until warmed throughout. Serve with additional salsa and avocado, if desired.
Overnight Oats

Short on time in the morning? Prep this the night before for a quick, healthy and filling on-the-go breakfast option.

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<td>5-10 mins</td>
<td>4-24 hours</td>
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**INGREDIENTS**

**BASE:**
1/2 cup rolled oats
2/3 cup favorite milk (1%, soy, almonds)

**OPTIONAL ADD-INS:**
1/2 cup fruit (frozen berries, sliced banana, raisins)
1/2 tsp chia seeds
1/4 cup yogurt (for a creamier texture)
1 Tbsp favorite nut or seed butter
1 tsp honey or maple syrup

**OPTIONAL TOPPINGS:**
1 Tbsp nuts or granola
Additional fruit

**INSTRUCTIONS**

1. In a mason jar or to-go container, use spoon to combine oats and milk. Mix in optional add-ins.
2. Place in refrigerator for at least 4 hours or overnight.
3. When ready to eat, add additional liquid if desired and any toppings you’d like. Enjoy!