



Tortilla Breakfast Wrap

Maintenance food options to be mixed into tortilla wraps: egg, nuts, or seeds

Ingredients:

- Tortilla (use corn tortillas if wheat allergic)
- Breakfast meat of choice (sausage, bacon or ham, etc.)
- Avocado
- Tomato
- Cheese (use alternative vegan cheese if dairy allergic)
- Green/Red Peppers
- Hashed browns
- Egg yolk/white maintenance



Instructions:

1. Cook your breakfast meat. If cooking bacon, cut bacon strips in half and you can bake, saute, or air fry until crispy.
2. Scramble your maintenance egg white/yolk
3. Mash avocado in a bowl with a fork and season with salt/pepper to add more flavor
4. Dice your tomatoes. Slice your peppers and saute on the stovetop.
5. Air fry or cook your hashed browns to your liking
6. With the tortilla, cut a slit into the side of the tortilla closest to you, cutting just up to the center (see above photo).
7. Arrange your ingredients into 4 quadrants on the tortilla
 - a. Tip: If adding maintenance seeds/nuts, mix them into your hashed browns, eggs, or avocado to hide the texture/taste
8. Start folding your tortilla from the bottom right quadrant up, then proceed to fold the quadrants over each other to form a triangle.
9. *Optional:* heat a small nonstick skillet over medium heat and melt in some butter or oil. Sautee the folded tortilla until golden brown and crispy on both sides.

Storage:

- Store in the refrigerator for up to 1 week or in the freezer for up to 1 month.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: egg, wheat