

Bamm-Bamm Rubble's Breakfast Burrito

For kids that sometimes don't eat a Balanced Diet

Makes : One serving Time required : 10 minutes Calories: 279 each

What you will need...

- 1 egg (a great source of protein)
- 1 green or red pepper (high in vitamin C + potassium)
- 1/4 cup - (60ml) of grated cheddar cheese (a good source of calcium)
- 1 tablespoon of salsa (low in fat)
- 1 six inch whole wheat tortilla shell (a good source of carbohydrates)
- 1/2 teaspoon of vegetable oil
- Salt and pepper to taste

Directions...

- Get mom or dad to finely dice one tablespoon of red or green pepper.
- Beat an egg and add diced pepper.
- Pour egg mixture in skillet, and with mom or dad's help, cook until firm.
- Sprinkle half of the grated cheese onto firm egg.
- Flip egg onto the tortilla and top with salsa for flavour.
- Roll into a burrito shape.
- Sprinkle remaining cheese over burrito, and get mom or dad to broil the burrito until cheese has melted.
- To make even more spicy, serve with extra salsa.

Recipe Analysis

Calories	279
Protein	16.1 gms
Fat	17.1 gms
Carbohydrates	20.2 gms
Vitamin A	175 mcg
Vitamin C	9 mg
Vitamin B-1	.14 mg
Vitamin B-2	.32 mg
Niacin	4.52 mg
Vitamin B-6	.16 mg
Folate	41 mcg
Vitamin B-12	.73 mcg
Calcium	243 mg
Magnesium	39 mg
Iron	1.6 mg
Zinc	1.8 mg

An Excellent Source of

Vitamin B-12

A Good Source of

Vitamin A	Vitamin B-2
Niacin	Folate
Magnesium	Calcium
	Zinc

