



Breakfast recipe.
Beans & egg burrito

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Preparation.

1. Put the beans and tortilla in a large ziplock.
2. Stick the potato powder, cheddar and taco seasoning in another bag.
3. The egg powder needs a small ziplock of its own.

Instructions.

4. Add 1 cup of water and the beans to your pot and bring to a boil.
 5. Let the beans rehydrate for 5 minutes, then mix in the potato powder bag and put the mixture on your tortilla.
 6. Fire up your stove again with 1/4 cup of water and the egg powder and stir till ready.
 7. Add the egg to the tortilla, fold it and you're ready to go.
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Ingredients.

- Flour tortilla, 1.4oz(40gr) 135kcal
- Mashed potato powder, 1oz(30gr) 110kcal
- Dried refried beans, 1oz(30gr) 112kcal
- Cheddar cheese, 1oz(30gr) 110kcal
- Whole egg powder, 0.7oz(20gr) 116kcal
- 2tsp taco seasoning, 0.2oz(6gr) 19kcal

5.3oz(156gr), 602kcal
kcal/oz=113