

# Sweet Potato, Black Bean & Egg White Breakfast Burrito

**Yields: 6 servings**  
**Prep: 25 min**

## Ingredients

6 whole wheat tortillas  
3 medium sweet potatoes, cooked  
1- 15 oz can black beans, rinsed and drained  
1/4 tsp cumin  
1/4 tsp chili powder  
Few dashes of red pepper flakes, if desired  
8 large egg whites  
1/2 cup shredded cheese

## Directions

1. In a bowl, add black beans, cumin, chili powder and red pepper flakes, if using. Stir to combine then set aside.
2. In a separate medium bowl, beat egg whites together. Heat a skillet over medium heat. Add in egg whites and cook.
3. To assemble burritos, make sure you have warm tortillas as it makes them easier to roll. You can warm them up for 10-20 seconds in the microwave before assembling. Lay out warm tortillas and evenly distribute and spread mashed sweet potato on each. Evenly distribute egg whites, diced avocado, black beans and shredded cheese on each tortilla. Tuck ends in, then roll up burritos. To warm up: Place on baking sheet in oven at 300 degrees for 5-10 minutes or simply microwave them for 1-2 minutes.