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# Healthy Breakfast Burrito

## Ingredients

1/2 tbsp extra virgin olive oil
Oil/coconut oil
30g onion
5cherry tomatoes
15g cheese
1 veggie sausage
50g mushrooms

## Preparation

1. Grill the vegetable sausage until brown. Scramble the egg and egg white in a saucepan with the oil, add the onion, tomatoes and mushrooms. Make your wrap by adding the sausage (sliced into small chunks) with the cheese and egg mix to your tortilla... Yummy!

## Cooks Note