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Breakfast Taco

Serves 1

1 tsp Ghee or Butter

Green Onions

Green Peppers

2 Eggs

Sprinkle of Cheddar Cheese

1 Corn Tortilla (try to purchase organic so it's not GMO corn)

Guacamole (See Recipe)

Salsa (See Recipe or purchase)

Sour Cream or Plain Yogurt

Heat the ghee or butter in a pan until hot. Add the green onions and green peppers and sauté 2-3 minutes. Whisk the eggs and add to the sautéed onions and peppers. Prepare as though you're making scrambled eggs. Melt the cheese on top of the eggs when done. Heat the tortilla over an open flame to briefly brown it. Place the scrambled eggs into the tortilla and garnish with guacamole, salsa and sour cream.